THE MANUAL

OF

THE SACRED HEART:

A SELECT VOLUME OF PRAYER FOR DAILY USE.

COMPILED AND TRANSLATED FROM APPROVED SOURCES.

Ad Majorem Dei Gloriam.

LONDON:
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1866.

Come to me all you that labour, and are heavy laden, and I will refresh you.

(Matt. 11, 28.)

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ERRATA.

Page 2 line 6 from top, *for* man, *read* men.

„ 4 „ 11 „ „ *for petientis, read petieritis.*

„ 13 „ 13 „ *for Cupis, read Cupio.*

16 5 „ *for* their, *read* his.

„ 42 „ 13 „ „ *for Graciously hear us, read* [*Have mercy upon us.*

„ 173 „ 14 „ *for* born, *read* conceived.

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Nihil obstat.

GUL. A. JOHNSON, S.T.D.,
Censor ab Archiep.
ad hoc deputatus.

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CONTENTS.

	PAGE
Meditation for the Eve of the first Friday in June,	1
Meditation for the first Friday in June,	10
An Oblation,	20
Prayer to be said in time of trouble,	21
Morning Prayer,	23
The Apostles' Creed,	27
The Confiteor,	27
Litany of the Holy Name of Jesus,	28
Consecration to the Sacred Heart of Jesus,	35
Night Prayers,	36
Act of Adoration,	36
Act of Contrition,	39
Act of Charity,	40
Litany of the Blessed Virgin,	40
Act of Reparation to the Sacred Heart of Jesus,	44
Prayer to the Agonising Heart of Jesus,	46

Digitized by Google

PAGE

Act of Consecration to the Sacred Heart of Jesus, for every day of the month of June, 46
Prayer to the Blessed Virgin to obtain the Virtue of Humility, ... 48
Method of Hearing Mass by Meditating on the Passion of our Lord, ... 49
Another Method of Hearing Mass, . . 65
Devotions for Confession and Communion, . 85
Preparation for Communion, . . . 101
Prayers after Communion, ... 112
A Second Method for Communion, . . 118
Thanksgiving after Communion, . . . 129
Method of Hearing Mass when about to Communicate, ... 135
Novena to the Sacred Heart of Jesus, . . 163
Invocations to the Sacred Heart of Jesus, . 164
Prayer of the Venerable Margaret Mary, . 165
New Litany of the Sacred Heart of Jesus, . 166
Prayer of St Alphonsus de Liguori, . . 170
Litanies of the Sacred Heart of Jesus for every day in the week, ... 171
Litany of the Precious Blood, . . . 186
Aspirations before the Blessed Sacrament, . 189
Litany of the Suffering Heart of Jesus, . 196
Prayer to the Sacred Heart of Jesus, . . 197
Invocations to the Sacred Heart of Jesus, in order to obtain the Cure of a Sick Person, 199

Digitized by Google

PAGE

Chaplet of the Sacred Heart, . . . 203
Nine Elevations of the Soul, . . . 204
Hour of Adoration of the Sacred Heart, . 205
Office of the Sacred Heart, ... 223
Guard of Honour of the Adorable Heart of Jesus, ... 232
Thirty days' Prayer to St Joseph, . . . 236
Litany of St Joseph, ... 241
Seven days' Devotion to the Sacred Heart; or, Meditations on the Seven Words of our Lord, ... 244
Devotions for the Confraternity of the Sacred Heart, ... 283
Act of Reparation for the Members of Religious Houses, ... 289
Hymn to the Sacred Heart, ... 292
Apostleship of Prayer, ... 293
Indulgences, ... 295
Litany of Blessed Margaret Mary, . . 300

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THE MANUAL

OF

THE SACRED HEART.

Meditation for the Eve of the First Friday of the Month of the Sacred Heart.

On the Confidence which we should Repose in the Heart of Jesus.

Of those who make profession of piety but few know Jesus Christ and the treasures of his mercy; thus they give themselves up but imperfectly to his love.

Nothing can be more pleasing to the loving heart of Jesus than the child-like and unlimited confidence which we testify in him. It is related in the life of St Gertrude, that one day, as she reflected on the extraordinary graces which she had received,

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she asked herself, How the revelations with which she had been favoured could be made known to mankind with the greatest profit to their souls? Our Lord vouchsafed her this reply :—

It would be good, he said, for man to know, and never to forget, that I, their God and Saviour, am always present in their behalf before my heavenly Father. This should never be forgotten, that when through human frailty their hearts incline to sin, I offer for them my merciful heart; and when they offend God by their works, I present to him my pierced hands and feet, in order to appease the anger of divine justice.

Our Lord Jesus Christ, says the great apostle, *is the mediator between God and man.* He is now ascended into heaven, in order to aid our prayers by his powerful mediation. "Fail not," says the devout Blosius, "to offer your good works and pious exercises to the most sweet heart of Jesus, in order that he may purify and perfect them, for his heart, so full of tender-

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ness, takes delight in so divine a work. He is always ready to perfect in you whatever he sees imperfect or defective. Confidence is a key to the heart of Jesus. What may we not obtain from our fellow-creatures by the confidence we place in them? How much more, then, will it not obtain from God? How marvellous will be its effects if united with an absolute dependence on him!

Thus, when animated by faith, Peter walked on the waters as on dry land; but from the moment that fear entered his mind, the waters lost their sustaining power, and his compassionate Master, extending his hand, said to him, "*O thou of little faith, why didst thou doubt?*"

On another occasion also, the tempest threatened to ingulf the apostles, but Jesus said to them, having commanded the winds and the sea, "*Where is your faith?* why art thou timid, hast thou then no faith?" In order to inspire us with a more lively confidence, our Lord Jesus Christ vouch-

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safed himself to teach us the prayer which we address to God, so that our heavenly Father, touched by the words of his own Son, might refuse us nothing which we ask in his name; for this he would have us call him by the sweet name of Father. But still not enough, in order to dispel all our diffidence, he carries his condescension even so far as to promise by a solemn oath to be always ready to listen to us. *Amen, amen, dico vobis, si quid petientis, hoc faciam.* "Timid souls," he says, "I swear to you by myself, who am the way and the eternal truth; by myself, who hate falsehood, and who will punish perjury with eternal damnation; by myself, who can no more lie nor deceive than I can cease to be that which I am, I swear to you that I will grant what you ask of me." These are thy promises, O my God, says St Augustine, and who can fear being deceived when he relies on the promises made by uncreated Truth? When an upright man pledges you his word, you would believe that you erred if

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you showed after this any doubt or fear. "But if we receive the testimony of man," says St John, "*the testimony of God, is it not greater?*" Our divine Saviour holds himself so honoured by this confidence, that in a thousand passages in the gospel he attributes more to the miraculous efficacy of prayer than to his own mercy. Not saying to those who have recourse to him, "It is my goodness and my power," but, "It is thy faith, thy confidence, which has saved thee." Our Lord Jesus Christ revealed to St Gertrude that he who prayed to him with confidence was sure to obtain his request,—that he could not do otherwise than listen to his prayers. "Whatever may be the grace you request," says our Lord, "be sure of obtaining it, and it will be granted you." This it is which St John Climacus expresses in a like manner, when he says, "Every prayer offered up with confidence exercises over the heart of God a kind of violence, but a violence which is sweet and pleasing to him." St

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Bernard compares the divine mercy to an abundant spring, and our confidence to the vessel which we make use of in order to draw these saving waters. The larger the vessel, the greater the abundance of the grace we shall bring away. Moreover, this is conformable to the prayer of the Psalmist, who sues for a mercy in proportion to his confidence. "*Fiat misericordia tua Domine super nos, quemadmodum, speravimus in te. Let thy mercy be upon us, O Lord, according to the hopes we have placed in thee.*"

God has declared that he will protect and save all those who put their trust in him. "Let them be glad, then," exclaims David; "let all those rejoice who hope in thee, O my God, for they shall be happy for all eternity, and thou wilt never cease to dwell in them." He elsewhere says, "*He who places his trust in the Lord shall dwell under the protection of the God of heaven.*" "Yes, Lord," says St Bernard, "it is hope alone which opens to us the treasure

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of thy mercies." "The efficacy of prayer," says St Thomas, "is drawn from faith, which believes in the promises of God, and confidence in the holy promises which he has made to us."

We see, in short, in the sacred writings that the Son of God seems to take the faith of those who address themselves to him, as the rule for the help and the graces which he grants them, not only doing what they wish, but in the manner in which they ask it.

Grace is attached to confidence; it is a kind of axiom that he who puts his trust in God shall never be confounded. And the wise man defies a contrary example to be cited amongst all the nations of the world. "But our souls should be filled with consolations," says St Ambrose, "when we remember that the graces which God grants us are always more abundant than those which we ask," also "that the fulfilment of his promises always exceeds our hopes," as says Ecclesiastes. "*Let us have then a firm*

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confidence," as St Paul recommends us, since the Lord has promised to protect whosoever hopes in him; and when obstacles present themselves which seem very difficult to overcome, let us say with the apostle, "*I can do all things in him who strengtheneth me.*"

Who indeed was ever lost after having placed his trust in God?

But we need not always seek a sensible confidence, it will suffice if we earnestly desire it; for true confidence is an utter dependence on God, because he is good, and wishes to help us; because he is powerful, and able to help us; because he is faithful, and has promised to help us.

EXAMPLE.

The venerable Mary of the Incarnation relates that it was revealed to her on a certain occasion that the Eternal Father was insensible to her prayer. She sought to know the cause, and an interior voice said to her, "Petition me through the heart of my Son,

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through which I will hear thee." Address yourselves to the heart of Jesus, the ocean of love and mercy, and he will obtain for you, pious soul, and also for all poor sinners, the most signal graces.

Some time before her death, St Mechtilda earnestly asked of our Lord an important grace in behalf of a person who had asked her to pray for her. Seized with fear at the sight of the terrible judgments with which the justice of God would visit this soul, she was weeping bitterly, when our Lord addressed to her these consoling words, "My daughter, teach the person for whom you pray that she must seek all she desires through my heart."

There is no heart so hard as not to be softened by the heart of Jesus, nor any soul so disfigured by the leprosy of sin that his love cannot purify, console, and heal.

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MEDITATION FOR THE FIRST FRIDAY OF THE MONTH.

It is Sweet to Die in the Heart of Jesus.

AT the hour of our death, when life, like a false friend, is about to forsake us, we must, in a special manner, increase our confidence in the heart of Jesus.

It is said that our Lord appeared one day to a holy soul who had conjured him to grant to a pious person a happy passage from this life, and addressed to her these consoling words :—

"My daughter, where is the pilot who, having brought into port a vessel laden with precious stones, throws it into the sea at the moment of his arrival? Can you suppose that, after having granted so many graces to this soul in the course of her life, that I shall abandon her at the end thereof?"

Let us lean on the heart of Jesus; and driven on the stormy sea of this world, under the protection which he grants to those

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who love him, we shall one day triumphantly enter the desired port, and enjoy the eternal blessings of that holy guidance.

Death was always precious in the sight of God, for Jesus was to pass through its portal; it is precious to him still, for Jesus has died.

No one who is devout to the heart of Jesus will fail to find at the moment of his death more excellent and abundant treasures than he had ever expected to receive. Death, to himself precious, will not our Lord render it inexpressibly so to us? Faith cannot mistake the proofs of his tenderness. If we may venture to say so, the exile of the being he created is a sorrow to him as much as to the soul itself; for, like a tender father, God desires that his children should be with him in his kingdom. Of all the hours of life, this is the one which is the most precious in the sight of God, exerts the greatest power over his love, and for this very reason has such a mighty influence over his mercy and justice.

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In order to receive the fulness of the new life to be merited by repentance through the divine reparation, every man must undergo the frightful trial of death; but is not this trial, caused by sin, like all other trials, a token of love on the part of God? Without death, life could not attain to its end; without death how could the soul ever reach eternal life?

The rebel angel escaped the sentence of death, but for him there was no resurrection. It is decreed that man should die, or rather, the soul cleansed by the blood of our Lord, and vivified by his love, passes into eternity before the body which it shall one day glorify, and united together, are called by Jesus to reign in heaven in a state so exalted that it could not have been won by primeval innocence.

Even in this world, without awaiting the eternal glorifying of humanity, the most beloved amongst the friends of God experience through their whole being a marvellous transformation which robs death of its

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terrors, and wholly disengages them from this transitory world. The interior light by which they are led is no longer human, but divine, through Jesus, and a supernatural love is substituted for that natural love which they made their law; and not only are their criminal affections destroyed, but the love of God above all things, gives them, even in this life, a foretaste of heaven. They feel no longer that engrossing care for the preservation of the body, but sigh after death, crying incessantly to God, with St Paul, *Cupis dissolvi et esse cum Christo.* They exult when they hear the clock strike, at the thought that one hour less remains for them to pass in this exile; death is no longer a passage of sorrow, but the desired way by which they shall go to the Lord; they sigh after it, they desire it, and would fain hasten the moment of its approach by the ardour of their desire for the enjoyment of a never-ending eternity. One single thing restrains them; it is when the perfection of love imposes on them a law of

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charity yet stronger, which would detain them in this world for the glory of God, and the good of their brethren; "for," says St Theresa, "thus do souls arrive at a strict union with Jesus."

Thus ardently they have desired to die, in order to enjoy the presence of our Lord; this is their martyrdom at their exile being prolonged; yet they are so inflamed with the desire of knowing him, of making his name hallowed, of being useful to the souls of others, that far from sighing after death, they would wish to live for many years, even amidst the greatest sufferings, too happy in being able to add to the glory of their divine Master.

Perfect submission in death is an act of entire adoration, a magnificent profession of faith and praise; its beauty consists in the cheerful and ready sacrifice which the creature makes to the Creator of the life which he had given, shadowing forth God's power in all its grandeur. Death beholds the soul already in adoration annihilated at the

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thought of the near approach of eternity; this, we may well imagine, is the kind of death the angels love to contemplate. The soul takes to itself no merit, places no trust on the way in which it has served God, and desires to possess even the smallest consolation the Church can bestow. It is specially attracted by the sanctity of God, which makes it aspire to become pure, pure almost beyond conception, in order to appear before the inviolable majesty of God, relying only on his mercy, never losing its confidence in the greatness of the divine compassion, but fearing lest its offences may be beyond the reach of pardon—dying the death of a child, fixing its eyes on the countenance of its tender Father. Why then, when in a state of grace, should we entertain a fear of death? "Whosoever dwelleth in love, dwelleth in God, and God abides in him." He who loves God is then sure of his grace; and dying in this state, is certain of enjoying for ever the sovereign good in the habitations of the elect. And can such a one

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fear death? David has, however, said, that no living man is entirely pure in the sight of God. Thus no one should have the presumption to hope for salvation through their own merits; for except Jesus and Mary, no one was ever exempt from sin. But we need not fear death when we have a true sorrow for our faults, and place our confidence in the merits of Jesus, who came on this earth in order to redeem and save sinners, for whom he shed his blood, for whom he died. "The blood of Jesus Christ," says the apostle, "cries more loudly in favour of sinners than the blood of Abel for vengeance against Cain." Grace transforms into a brilliant light that which by its nature was plunged in darkness and obscurity, and the plaintive cry of our misery is changed into a song of triumph; for the fetters which yet separate the soul of the dying from the heavenly Jerusalem are so near being severed asunder, that the triumphant alleluias of heaven mingle with the lamentations of earth, and the last gaze

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of repentant love is tenderly fixed on the crucifix, till earth fades from its view.

The transit of the creature from time to eternity is dear to the Creator; for "precious in the sight of the Lord is the death of his saints." Let us throw aside, then, these vain fears of death, and regard it as a tribute which all must pay to nature. Let us be ready cheerfully to leave this world when our Lord shall call us to the land where the saints await us, and where we shall meet those who have instructed us in the faith, and whose victory will in some measure supply for the negligence with which we have performed our own duties towards our heavenly Father.

Let us unite ourselves to these glorious troops of blessed spirits who are seated in the kingdom of God with Abraham, Isaac, and Jacob; into which the good thief entered in triumph after a life of sin, and now enjoys, in the company of the elect, the ineffable delights of paradise; where

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there is neither darkness nor storms, intense heat, excessive cold, sickness, nor sorrow; and where there is no need of the light of the sun, because the Sun of Justice alone enlightens the heavenly Jerusalem.

EXAMPLE.

The Graces of the Last Hour.

We read the following touching account, in the life of St Gertrude. The saint once heard a preacher insist strongly on the strict obligation of a dying person to love God above all things, and to entertain for their sins a contrition founded on love. She believed this to be an exaggerated doctrine, and that if pure love was necessary, very few persons would die in the proper dispositions. She became interiorly disturbed, and a cloud obscured her mind; but our Lord himself vouchsafed to dispel her fears; telling her, "that in the last struggle, if the dying person had during life sought to please him, and to lead a Christian life, he would so mercifully re-

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veal himself, that his love would penetrate into the inmost foldings of the heart, causing it by his presence to make acts of the most perfect contrition;" and, added our Lord, "I would have my elect to know, with what a great desire I wish them to be united to me at that important moment. Let this be made known, so that men may rely no less on this last merciful grace, than on all the others which my love has lavished upon them."

Let us propagate this consoling truth, so well calculated to inflame our hearts with the most lively love for so merciful a God.

Practice.—Let us pray to the agonising heart of Jesus for the eighty thousand persons who, it is computed, die daily in this world.

Ejaculatory Prayer.

O sweet Jesus! grant that I may die the death of those devoted to thy divine heart.

[His Holiness Pius IX. by a brief, dated 29th September 1859, granted an indulgence of three

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hundred days, extended afterwards by a new rescript to three years, and a plenary indulgence once a month, on the usual conditions, to the recital of the following prayers. They are applicable to the faithful departed. Intentions to be made during mass, either at the offertory, immediately after the consecration, or at the communion of the priest.]

* Eternal Father, I offer to thee the sacrifice which thy divine Son made of himself on the cross, which sacrifice he now renews on our altars. I offer it in the name of all mankind, with the masses which are now being celebrated, and which will be celebrated throughout the world, in order to adore thee and render thee all possible honour and glory; to thank thee for thy innumerable benefits, to appease thy justice irritated by our sins; to give thee the satisfaction thou dost expect; also to obtain thy grace for myself, for thy Church, and for the whole world, as also for the souls in purgatory.

[Oblations to be made frequently during the day.]

O Lord, I offer thee the masses which are being said throughout the world, in

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the name of all mankind, for thy glory and the salvation and benefit of thy creatures. O Lord, I desire to offer up myself to thee, for all the intentions for which thou now offerest thyself to God thy Father.

Prayers to be said in Time of Trouble.

* Look down, O holy Father, from thy sanctuary in heaven, thy dwelling-place, and behold this sacred victim which our great High Priest, thy holy, innocent, and well-beloved Son our Lord Jesus Christ offers to thee for the sins of us his brethren, and let not thy wrath be kindled on account of the manifold transgressions of the world. Behold the voice of the blood of our brother thy first-born Son, Jesus, cries to thee from the cross. Give ear, O Lord, be appeased; O Lord, hearken, and do; tarry not for our own sake, O our God, for thy name is called on this house and city, and upon all thy people, and deal with us according to thy infinite mercy, through the same Jesus Christ our Lord. Amen.

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V. That thou wouldst vouchsafe to bring us to true penance.

R. We beseech thee, hear us.

V. That thou wouldst vouchsafe to defend this house and city, and all thy people, to keep them in peace; to guard, preserve, and look down on them with thy most tender pity.

R. We beseech thee, hear us.

V. Through the holy mysteries of man's redemption.

R. Let thy mercies quickly prevent us, O Lord, and spare thy people.

V. Through the merits and intercession of thy blessed mother and all the saints.

R. Let thy mercies, &c.

V. Holy Mary, conceived without original sin, and all ye angels and saints, intercede for us to our Lord.

R. That the mercies of our Lord may quickly prevent us; and that he may spare his people, that so we may rejoice with him for ever and ever. Amen.

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Let us pray.

Almighty and merciful God, may thy most holy will be done at all times, and in all things, according to thy infinite and eternal mercy, through Christ our Lord. Amen.

Morning Prayer on Awaking.

My God, I give thee my heart, grant that it may be pure, humble, upright, and sincere; give thine, I beseech thee, to me, that it may be my treasure and my life. Awake me from the sleep of sin, clothe me with the new man, create in me justice and sanctity.

✠ In the name of the Father, and of the Son, and of the Holy Ghost. Amen.

Act of Adoration.

I adore thee, my God, as my Creator, and the sovereign Lord of all things; I humbly acknowledge that I am as nothing in thy sight; I annihilate myself in thy presence on account of my misery and sins.

Act of Petition.

O Lord, a new day is given unto me; I.

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desire to employ it to thy glory and in thy service. Grant that I may never be forgetful of the great obligations which my duty as a Christian imposes on me, that I may comprehend them in their full extent better than I have done hitherto. Withdraw from me the occasions of sin, give me the assistance of which I have need, in order to fulfil exactly all the duties of my state; and support with patience the trials and crosses thou shalt see fit to send me. Preserve in me a lively faith, a firm hope, an ardent charity. Give me thy fear which is the beginning of wisdom; make me meek and humble of heart, prudent, compassionate, and resigned. Govern my senses, and especially my eyes and my tongue, so that creatures may not be to me an occasion of sin; and that I myself may not be to others a subject of scandal by thoughtless or uncharitable conversation.

With this day, O loving Father, a new course of thy benefits in behalf of all thy children will commence. I beg of thee to

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bestow upon all mankind the happiness of knowing and loving thee; bestow thy blessing on our holy father, Pope Pius; regard with a tender care our pastors, the physicians of our souls, thy bishops, and all the priests of thy Church; give them, O my God, knowledge and understanding wherewith to conduct the souls they direct into the ways of salvation; grant that my parents, my brothers and sisters, may form with me the family of thy saints. I beseech thee also, O Lord, to bless my benefactors, my friends, and my enemies, if I have the misfortune to have any. Grant to the souls of the faithful departed the remission of all their sins, in order that they may praise thee with thy elect for ever.

Offering.

I offer thee my heart with all its affections. Grant that I may breathe only for thee, my God. I consecrate to thee my spirit, and all its thoughts; my body and all its senses, that all that belongs to me

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may live only in thee. Occupied in imitating thee alone, grant that I may strive to preserve thy glory, and make thee loved by others, through Christ our Lord. Amen.

Thanksgiving.

O my God, the blessings which thou daily bestowed on me excites my gratitude, and I cannot thank thee sufficiently for the special favours with which thou hast visited me. Grant that my soul may produce abundant fruit whereby I may gain eternal life.

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive them that trespass against us. Lead us not into temptation: but deliver us from evil. Amen.

The Angelical Salutation.

Hail, Mary, full of grace, our Lord is

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with thee; blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners, now, and at the hour of our death.

The Apostles' Creed.

I believe in God the Father Almighty, Creator of heaven and earth. And in Jesus Christ, his only Son our Lord, who was conceived by the Holy Ghost; born of the Virgin Mary; suffered under Pontius Pilate, was crucified, dead, and buried; he descended into hell, the third day he rose again from the dead; he ascended into heaven, sitteth at the right hand of God the Father Almighty; from thence he shall come to judge the living and the dead.

I believe in the Holy Ghost; the Holy Catholic Church; the communion of saints; the forgiveness of sins; the resurrection of the body, and the life everlasting. Amen.

The Confiteor.

I confess to Almighty God, to blessed

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Mary, ever Virgin, to blessed Michael the archangel, to blessed John the Baptist, the holy apostles Peter and Paul, and to all the saints, that I have sinned exceedingly, in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Therefore I beseech the blessed Virgin Mary, blessed Michael the archangel, blessed John the Baptist, the holy apostles Peter and Paul, and all the saints, to pray to the Lord our God for me.

May Almighty God have mercy on me; forgive me my sins, and bring me to everlasting life. Amen.

May the almighty and merciful Lord grant me ✠ pardon, absolution, and remission of all my sins. Amen.

LITANY OF THE HOLY NAME OF JESUS.

Lord, have mercy on us,
Christ, have mercy on us,
Lord, have mercy on us,
Christ, hear us,
Christ, graciously hear us.
God, the Father of heaven,
Have mercy on us.

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God the Son, Redeemer of the world,
God, the Holy Ghost,
Holy Trinity, one God,
Jesus, Son of the living God,
Jesus, splendour of the Father,
Jesus, brightness of eternal light,
Jesus, king of glory,
Jesus, sun of justice,
Jesus, Son of the Virgin Mary,
Jesus, most amiable,
Jesus, most admirable,
Jesus, mighty God,
Jesus, Father of the world to come,
Jesus, angel of the great council,
Jesus, most powerful,
Jesus, most patient,
Jesus, most obedient,
Jesus, meek and humble of heart,
Jesus, lover of chastity,
Jesus, lover of us,
Jesus, God of peace,
Jesus, author of life,
Jesus, example of all virtues,
Jesus, zealous lover of souls,
Jesus, our God,
Jesus, our refuge,
Jesus, Father of the poor,
Jesus, treasure of the faithful,
Jesus, good shepherd,
Jesus, true light,
Jesus, eternal wisdom,
Jesus, infinite goodness,

Have mercy on us.

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Jesus, the way, the truth, and the life,
Jesus, joy of angels,
Jesus, king of patriarchs,
Jesus, inspirer of the prophets,
Jesus, master of the apostles,
Jesus, teacher of the evangelists,
Jesus, strength of martyrs,
Jesus, light of confessors,
Jesus, purity of virgins,
Jesus, crown of all saints,
Be merciful unto us. *Spare us, O Lord Jesus!*
Be merciful unto us. *Hear us, O Lord Jesus!*
From all evil,
From all sin,
From thy wrath,
From the snares of the devil,
From the spirit of uncleanness,
From everlasting death,
From the neglect of thy holy inspirations,
Through the mystery of thy most holy incarnation,
Through thy nativity,
Through thy divine infancy,
Through thy most sacred life,
Through thy labours,
Through thy agony and passion,
Through thy cross and dereliction,
Through thy pains and torments,
Through thy death and burial,
Through thy glorious resurrection,
Through thy admirable ascension,
Through thy joys and glory,
In the day of judgment,

Have mercy on us.

Lord Jesus, deliver us.

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Lamb of God, who takest away the sins of the world: *Spare us, O Lord Jesus!*
Lamb of God, who takest away the sins of the world: *Hear us, O Lord Jesus!*
Lamb of God, who takest away the sins of the world: *Have mercy on us, O Lord Jesus!*
Christ Jesus, hear us! Christ Jesus, graciously hear us!

Let us pray.

O Lord Jesus Christ! who hast said, *Ask and ye shall receive, seek and ye shall find, knock and it shall be opened unto you;* grant, we beseech thee, to our most humble supplications the gift of thy divine love, that we may ever love thee with our whole hearts, and never cease from praising and glorifying thy holy name. Amen.

O Divine Redeemer! give us a perpetual fear and love of thy holy name, for thou never ceasest to direct and govern by thy grace those whom thou instructest in the solidity of thy love, who livest and reignest one God, world without end. Amen.

O God! who hast appointed thy only-begotten Son the Saviour of mankind, and

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hast commanded that he should be called Jesus, mercifully grant that we may enjoy his happy vision in heaven, whose holy name we venerate upon earth, who with thee and the Holy Ghost liveth and reigneth, one God, world without end. Amen.

Prayer to the Blessed Virgin.

Holy Virgin, Queen of Angels, I rejoice at thy elevation, obtain for me some portion of that divine grace, the plenitude of which conducted thee to the haven of salvation.

Confiding in thy compassionate assistance, O Mary, I have recourse to the God of mercy. Yes, O Lord, it is under the protection of thy holy mother that I offer thee my desires, words, and actions, my labours and my thoughts. Support me under the crosses which I may probably meet with this day, and which thy wisdom has ordained; and suffer not that I should lose the reward thereof, by rebellion to thy holy will, or by any sallies of anger or impatience. Calm the tempest which may rise in

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my heart by the spirit in which I may perhaps receive them; and give me the grace to submit humbly to my trials; regarding them only as coming from thy hand, appeasing those interior murmurings hidden to man, but which offend thy infinite Majesty. Alas, it is outraged, O my God, each time that I unfortunately yield to the too great ardour of my disposition, instead of exerting myself to subdue it; by imploring thy aid and the intercession of the blessed Virgin. I ask for many graces, but can I fear refusal when I address myself to the God of mercy, in the name of that Son who is the comforter of the afflicted, the Saviour of penitent sinners, the spouse and compassionate friend of all who are faithful in his service?

Glorious St Joseph, my holy guardian angel, my holy patrons, faithful servants of God, intercede for me, and help me to walk in the ways of justice and charity.

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Act of Consecration to the Blessed Virgin.

My Queen, my Mother! I give thee all myself; and to show my devotion to thee, I consecrate to thee this day my eyes, ears, mouth, and heart; myself wholly without reserve. Wherefore, my good mother, as I am thine own, keep me as a thing of thine, thine own possession. Amen.

Ejaculation.

My Queen, my Mother! remember I am thine own; keep me, guard me as a thing of thine, thine own possession.

* Pius IX. granted, the 5th of August 1851, one hundred days' indulgence for saying morning and evening one Ave Maria, with the above prayer.

Menorace to St Joseph.

* Remember, most pure spouse of the blessed Virgin Mary, my amiable protector St Joseph, that it is unheard of that any one ever had recourse to thy protection, and implored thy help, without receiving consolation. Full of this confidence in thy power, I come before thee and recommend

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myself to thee with fervour. Ah! despise not my prayer, O dear foster-father of our Redeemer, but graciously hear and obtain my request. Amen.

* Three hundred days' indulgence granted by Pius IX., 26th June 1863, applicable to the dead.

Consecration to the Sacred Heart of Jesus.

Heart of Jesus, infinitely holy and merciful Heart, I give myself to thee without reserve, and for ever. I abandon to thy care my present and my future; under thy protection, and for thy greater glory, I wish to commence, continue, and terminate all my actions. I confide to thy love every day of my life, and will repeat every morning, in union with the holy sacrifice of the mass, this filial consecration. Thy heart, O Jesus, shall henceforth be my consolation. I will invoke it in my trials, in my difficulties, in my fears. Banish from my mind every desire, every resolution and action which is not conformable to thy holy will. Suffer me not to yield to temptation,

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preserve me in purity of heart; be thou to me a buckler against my own weakness every moment of my life, be thou my help in death, and my reward in eternity. Amen.

Jesus, most charitable, Jesus, meek and humble of heart, forgive us our sins, give thy peace to our souls, remember us in thy kingdom!

May the Heart of Jesus be everywhere loved.

Jesus, meek and humble of heart, render my heart like unto thine.

NIGHT PRAYERS.

✠ In the name of the Father, &c. Our Father, &c. Hail Mary, &c. I believe in God, &c.

Blessed be the holy and undivided Trinity, now and for ever. Amen.

Act of Adoration.

Prostrate before thy divine majesty, O my God, I adore thee with the most profound respect of which I am capable. I acknowledge thy sovereign dominion over

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me, I submit myself to thee, for I love to depend on thee in all things.

O God, infinitely good, who art here present, and who seest the inmost recesses of my heart, teach me to pray to thee with fervour and devotion, so that I may draw on me and mine thy holy benedictions. Amen.

I believe in thee, O Almighty God, because thou art truth itself. I hope in thee, for thou art infinitely good. I love thee with all my heart, for thou art my loving God; and I love my neighbour as myself, for the love of thee.

My God, I render thee a thousand thanks for thy continual benefits; those numerous gifts of thy mercy, from the moment of my birth until this hour, when prostrate in adoration I adore thee.

What gratitude do I not owe thee, for having given me thy divine Son, and for all the spiritual and temporal blessings which thou hast lavished on thy unworthy servant! It is thou who hast mercifully preserved me from sins into which I should

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otherwise have fallen; it is thou, my heavenly Father, who hast done in me and by me the little good I have been able to do, if ever I have done anything meritorious in thy sight. O my God, engrave these sentiments in my soul in characters of fire; let my actions and my conduct render the eternal testimony of the touching gratitude it is so sweet to me to pay thee.

Let us beg of God the grace to know our Sins.

Eternal source of light, God the Holy Ghost, dispel, I beseech thee, the darkness which hides from me the wickedness and malice of my sins. Make me conceive so great a horror of them, O my God, that I may detest them as much as they are detested by thee, and that I may fear nothing so much as ever again to commit them.

Let us Examine our Conscience.

The general examen is one of the most important exercises of the day, and, if done properly, it disposes the soul for good con-

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fessions. Let us place ourselves in the presence of God, thank him for his graces, and fervently implore the help of the Holy Spirit, that we may know and detest our sins, look into the evil which we have committed, excite ourselves to sorrow for having offended God, and form a sincere resolution of amendment.

Act of Contrition.

Behold me, O my God, covered with confusion, and penetrated with the most lively sorrow at the sight of my offences. I detest them with a true sorrow for having offended so good and loving a God. O my God, is this what thou hast a right to expect from me, after having every morning resolved to be more faithful in thy service? O Lord, I have carried to excess my malice and ingratitude, and most humbly ask thy forgiveness. I beseech thee, O my God, by that mercy, the effects of which I have so often felt, to grant me the grace of a sincere repentance.

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Act of Charity.

Send down thy blessings, O Lord, on my parents, (*if alive,*) my relations, my friends, and benefactors. Protect my superiors, comfort the poor, the sick, the afflicted, and the agonising, convert and enlighten heretics and infidels.

God of mercy and goodness, have pity also on the souls of the faithful departed. Put an end to their sufferings, and grant to those for whom I ought to pray rest and eternal happiness. Amen.

LITANY OF THE BLESSED VIRGIN.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Jesus, hear us.
Jesus, graciously hear us.
God, the Father of heaven, have mercy on us.
God, the Son, Redeemer of the world, have mercy on us.
God, the Holy Ghost, have mercy on us.
Holy Trinity, one God, have mercy on us.
Holy Mary,
Pray for us.

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Holy mother of God,
Holy Virgin of virgins,
Mother of Christ,
Mother of divine grace,
Mother, most pure,
Mother, most chaste,
Mother, inviolate,
Mother, undefiled,
Mother, most amiable,
Mother, most admirable,
Mother of our Creator,
Mother of our Redeemer,
Virgin, most prudent,
Virgin, most venerable,
Virgin, most renowned,
Virgin, most powerful,
Virgin, most merciful,
Virgin, most faithful,
Mirror of justice,
Seat of wisdom,
Cause of our joy,
Spiritual vessel,
Honourable vessel,
Vessel of singular devotion,
Mystical rose,
Tower of David,
Tower of ivory,
House of gold,
Ark of the covenant,
Gate of heaven,
Morning star,
Health of the weak,

Pray for us.

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Refuge of sinners,
Comfortress of the afflicted,
Help of Christians,
Queen of angels,
Queen of patriarchs,
Queen of prophets,
Queen of apostles,
Queen of martyrs,
Queen of confessors,
Queen of virgins,
Queen of all saints,
Queen, conceived without the stain of original sin,
Lamb of God, who takest away the sins of the world: *Spare us, O Lord!*
Lamb of God, who takest away the sins of the world: *Hear us, O Lord!*
Lamb of God, who takest away the sins of the world: *Graciously hear us, O Lord!*
Pray for us, holy mother of God, that we may become worthy of the promises of Christ.

Pray for us.

Let us pray.

Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we to whom the incarnation of Christ thy Son has been made known by the message of an angel, may by his passion and cross be brought to the glory of his resurrection, through Christ our Lord. Amen.

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Lord Jesus Christ, who, through thy tender love for thy Church, hast vouchsafed to open to her the riches and ineffable treasures of thy sacred heart, grant that our hearts may be enriched with the treasures which it encloses, and that we may participate in the holy delights which flow therefrom.

O hearts of Jesus and Mary, be thou touched with compassion for us. Amen.

Before going to Sleep.

Open thy heart to me, O Lord, it is the place that I have chosen for my rest. I desire to remain therein during my whole life, and to render up my last sigh as thy humble and faithful servant.

Protect me, O Lord, and preserve me from the snares of the evil one. Sure of thy protection, I will repose in thy heart, and shall sleep in peace.

Loving Jesus, my adorable Lord, let my heart be so united to thine during this my

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rest, that I may say with thy spouse in the Canticles,

I sleep, but my heart watcheth.

Glorious Virgin, my tender mother, protect me, my holy angel guardian; watch over me, my holy patron; pray for me.

O Jesus, who didst die on the cross in order that I might live, have mercy on me. O Jesus, I give myself to thee entirely, and for ever. Amen.

Act of Reparation to the Sacred Heart of Jesus.

O adorable heart of my Saviour Jesus, loving heart of my good master, how great is thy tenderness to have remained for me in the divine Eucharist! Alas, thy creatures forget thy love, despise thy complaints, and withdraw themselves from thee; forgetting that, in thy agony in the garden, thou didst endure all the bitterness of our sins. We now again by our iniquities renew thy sorsows. Thou languishest here with love and sadness, and how few think of thee,

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care for thee, or are touched by thy loneliness. Let me at least, sensible to thy sorrows, listen to thy tender complaint, for I desire to repair the outrages which are unceasingly directed against thee. Prostrate, annihilated in spirit before the holy tabernacle in which thou dost display thy love, I beseech thee to pardon my sins, and those of the whole world, for their contempt and indifference, their insults and their sacrilege. If I cannot wash away with my blood my own faults, and those of all thy guilty children, may I at least silently weep over the outrages of which thou art the victim. Oh that I could dispose of the hearts of all mankind, and fill them with regret and gratitude, in order to offer them to thy love as the only homage which it desires to receive. Lord Jesus, I offer myself as a holocaust. Behold my heart, purify it, consume it with love, sacrifice it to thy will, that henceforth I may love thee only, and live only to love thee. Guard thou my heart, lest I should reclaim it, hide it in thy

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wounds as in a safe asylum, so that there I may live and die in order to be united to thee for ever. Amen.

Prayer to the Agonising Heart of Jesus.

O most merciful Jesus, thou who art inflamed with so ardent a love for souls, I conjure thee by the agony of thy sacred heart, and by the dolours of thy immaculate mother, to purify in thy blood all sinners throughout the world who are now in their agony, and who will to-day depart this life.

Agonising heart of Jesus, have mercy on the dying.

Act of Consecration to the Sacred Heart of Jesus, to be recited every day of the month of June.

O Jesus, I consecrate to thee my heart, place it within thine own. It is in thy heart I wish to dwell, through thy heart I wish to love, and in thy heart that I desire

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to repose, unknown to the world and known to thee alone; it is from this heart of thine that I should draw that ardent love which should consume my own, then I shall find strength, light, courage, and true consolation. When I languish it will animate me, when sad it will give me joy, afflicted and in trouble it will encourage me.

O heart of Jesus! let *my* heart be the altar of thy love, my tongue publish thy goodness, my eyes be unceasingly fixed on thy wounds, my mind meditate on thy adorable perfections, my memory preserve for ever the precious remembrance of thy mercies; everything in me express my love for thee, O Jesus, and my heart be ever ready to make any sacrifice for thee.

O heart of Mary! after the heart of Jesus, the most loving, compassionate, and merciful of all hearts, present to the heart of thy Son this my consecration, my love, my resolution. That heart will be softened at the sight of my miseries, and deliver me from them; and after having been my pro-

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tectress in this world, O mother of Jesus! be thou my queen in heaven.

A Prayer to the Blessed Virgin to obtain for us the Virtue of Humility.

O Virgin of purity! O mother of holy love, who owest all thy greatness to humility, I have no just pretence wherewith to address myself to thee, yet I beg through thy intercession for grace to overcome my pride; this is thy enemy, and the enemy of thy Divine Son, who, to destroy it, did not think it too much to abase his divinity so low as to unite himself to our nature, and die upon a cross. Look down, then, O most merciful mother, upon me a miserable sinner. *Illos tuos misericordes oculos ad nos converte.* I ask for nothing but for thee to look mercifully on me; cast thine eyes upon me; yet, even shouldst thou seem to desert me, I will be content. But that mercy which is so peculiar to thee in quality of our advocate and mother, which was given thee by thy dying Son, will not

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permit it. I then humbly beg of thee, that by virtue of all these prerogatives thou wilt obtain for me the grace to extirpate all vain self-esteem and love of praise and honour. Let my glory be to give all glory to Jesus, and to confess myself a sinner, and that all the good I possess by his grace is nothing compared to his greatness. Grant that these virtues which thou teachest me by thy example may be so practised by me, that I may hereafter, with thee, magnify eternally in heaven our Lord Jesus, and give him thanks for having looked down so mercifully on so miserable a soul as mine. Amen.

METHOD OF HEARING MASS BY WAY OF MEDITATION ON THE PASSION.

This method is intended for those who prefer meditation to the recital of vocal prayers.

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The Mass is divided into four parts : the first, from the beginning to the Gospel ; the second to the Elevation ; the third to the Communion of the Priest ; and the fourth to the end.

In the first part we may consider and honour the heart of Jesus, praying in his agony at the approach of his passion, especially in the Garden of Olives.

In the second, we honour the heart of Jesus humbled and suffering in the various tribunals of Jerusalem, until the time of the scourging at the pillar.

In the third, we honour the heart of Jesus suffering in the scourging and crowning with thorns, and follow him in the path of suffering until his last sigh on the cross.

In the fourth, we honour the heart of Jesus hidden and buried in the sepulchre.

This manner of hearing Mass has four very precious advantages.

The priest is followed throughout the sacrifice : this is the most holy and meritorious way of assisting at Mass.

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The heart of Jesus is honoured in every stage of his Passion.

We enter into the interior sentiments of his adorable heart, and endeavour to make them our own.

The Mass thus becomes a prayer, and at the same time a very useful and salutary meditation.

If about to communicate at Mass, the manner in which one is thus occupied will be a very good means for receiving the grace of the sacrament, and may be continued in the thanksgiving. Bearing this in mind, we have indicated a few points for meditation, leaving to each one the liberty of following them up according as the attraction of grace shall inspire him.

From the Commencement of Mass to the Gospel.

✠ In the name of the Father, and of the Son, and of the Holy Ghost. Amen.

The Heart of Jesus praying and suffering.

Thou prayest, thou dost suffer, O my

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sweet Saviour, thy heart experiencing a mortal sadness, suffer me to unite myself to thy sorrows, and give me a share in thy deep affliction. Everything that presented itself to thy mind plunged thy heart in a sea of bitterness; for thou didst behold the deplorable state of the world, the crimes and excesses of mankind, the torrent of iniquities which deluged the earth, the multitude of souls which would perish and be cast into hell, the glory of thy heavenly Father outraged, the approach of thy passion and sufferings, and their uselessness with regard to so many sinners, who, notwithstanding the shedding of thy blood for them, would be lost for ever. O my Saviour, am I not also a cause of sorrow to thee? Thou lamentest over me, thou seest the sad state of my soul, my tepidity and negligence, my unfaithfulness and resistance of thy grace, the little sorrow I have conceived, my little care for amendment, the danger to which I am exposed of dying in so sad a state. Thou

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lamentest all this, and I am not touched; thou art afflicted, and I am insensible. I ought to pass my life in sighs and tears, and my heart is given up to dissipation and pleasure. Heart of my God, thou prayest, and I know not how to pray; if I pray, it is so ill, with so little attention, fervour, or devotion, that my prayers deserve not to ascend to the throne of thy mercy. My God, teach me how to pray, that at least, in virtue of the sacrifice which I offer thee, my prayer may be pleasing in thy sight. Yes, my God, in this holy confidence I offer thee the homage of prayer for the salvation of my soul, whose misery and extreme necessity thou knowest. I beseech thee also to remember all those for whom I ought to pray,—for my relations, that we may be united much more strongly by the bonds of grace than by those of blood; for my friends, that thou mayst be the bond and centre of our friendship; for my benefactors, beseeching thee to render them a hundred-

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fold the goods which I have received; and the vengeance which I request for my enemies is, that thou wouldst visit them with thy graces. I pray to thee also, in a particular manner, O my God, for the Church my tender mother, for the Sovereign Pontiff, and all the clergy. Shed over all thy abundant benedictions; give to all of us hearts according to thy heart, uniting us all in the same holy fellowship.

Heart of Jesus, praying and suffering, I adore thee, and beseech thee to unite my prayers with thine.

Heart of Jesus, lamenting and agonising, I adore thee, and beseech thee to inspire my heart with the same sentiments.

Heart of Jesus, offering thyself in sacrifice to the eternal Father, I adore thee, and beseech thee to offer me in sacrifice with thyself.

From the Gospel until the Elevation.

The Heart of Jesus humbled and annihilated.

O my sweet Saviour! with what floods of

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bitterness is not thy sacred heart deluged! With what torrents of humiliation is it not overwhelmed! Led, or rather dragged from tribunal to tribunal, from one indignity to another, before judges who are thy enemies, tied and bound as a slave, accused as a criminal, thou art judged, and condemned as a malefactor, a seducer, a disturber of the public peace.

At the house of Caiaphas thou art given up to the insults, the injuries, and affronts of a troop of soldiers, who make thee undergo the most infamous treatment.

Before Annas thy face is dishonoured by a shameful blow, the most audacious outrage that can be perpetrated amongst men.

By Herod thou art covered with a white robe in sign of mockery. Thou art treated as a fool before his whole court, who turn into contempt and insult the esteem and admiration of which thou hast been the object.

By Pilate thou art placed on a level with a robber and a malefactor, and thou

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hast the sorrow to see this infamous wretch preferred before thee.

Dragged through the streets of Jerusalem, thou wast obliged to undergo the yells, the cries, and imprecations of the immense populace there assembled, who load thee with curses and maledictions. O King of glory, what a flood of humiliations overwhelmed thy heart! but what marvellous virtue is in thy interior! What meekness, what patience, and charity! Thou dost pray for those who outrage thee. Thou offerest thy sufferings for those who persecute and afflict thee.

O adorable Saviour, this sacrifice of thy heart was necessary in order to repair the glory of thy outraged Father, to humble the proud exaltation of our minds, to confound the detestable pride with which our hearts are swelled, to make us know the inestimable value of humiliations, to give us in thy passion a touching example to which we can have nothing to oppose. Even on our very altars, to what a condition

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dost thou reduce thyself for the love of us! And yet, O my God, how astonishing and deplorable it is, that notwithstanding so striking an example, pride should still hold dominion over us; for what a fund of vanity, self-love, sensitiveness, and delicacy on the point of honour do we not possess!

My divine Saviour! how much have I not to reproach myself with on this point! I seek only the applause and esteem of men, as if thine were not sufficient. I can suffer and endure nothing for thee, who hast undergone so much for me; the least humiliation afflicts and dejects me; my spirit is rebellious, my heart swells, my whole soul is disturbed and agitated; a cowardly and worthless human respect makes me betray my duty and thy interests. Oh, how can I call myself thy disciple, and acknowledge thee for my Master and my God! Was it necessary, then, O my Saviour and my Lord, that thou alone shouldst drink of the chalice of humiliations? No, my adorable Master, I will

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share it with thee, I will receive it from thy hands, I will have a part in thy abasements; and if I have not the courage to meet humiliations, I will at least accept with submission those which thou shalt send me. From henceforth I offer thee the sacrifice of my pride and my vanity, in order to unite myself to thee in thy annihilations. If nature rebels, or self-love complains, I will follow thy example and implore thy grace. This divine example, drawn from thy heart and passing into mine, will render the chalice of thy humiliations precious, and even consoling to me, and one drop of its bitterness will be sweeter to me than all the deceitful and guilty pleasures of this blind and perverse world.

O heart of Jesus, saturated with indignities, make me share in thy chalice.

O heart of Jesus, steeped in an ocean of sorrows, steep my heart in thy tears.

O heart of Jesus, plunged in an abyss of humiliations and suffering, destroy my self-love and pride.

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From the Elevation to the Communion of the Priest.

The Heart of Jesus suffering and expiring on the Cross.

Was it necessary, O my Jesus, that after having given up thy sacred heart to the greatest humiliations, thy body should be delivered to excessive torments? To what a condition art thou reduced by thy terrible scourging! After having fastened thee to a pillar, they strike thee violently, discharging repeated blows on thy virginal flesh. Thy body is bruised, torn, and covered with wounds. Thou art bathed in the torrents of thy adorable blood, and yet they cease not to strike thee, and to exercise over thee all the fury, cruelty, and hatred of which they are capable.

But, O my God, in the midst of these excessive sufferings of thy body, what are the emotions of thy heart?

Thou dost suffer with patience, O sweet Saviour, submitting thyself to thy heavenly

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Father, offering to him thy torments, begging of him the forgiveness of our sins, regarding thyself as a victim sacrificed for our salvation, beholding those torrents of blood flow with resignation, and even with joy, in order that our sins might be washed away, and that the voice of this adorable blood, rising even to heaven, might obtain grace and mercy for us.

Thou sufferest everything for me, O adorable heart of my Saviour! and I wish to suffer nothing; the least suffering is a torment to me; I fear even the very name of suffering and pain. I care so much for my body, seeking my ease, guarding it so carefully, without remembering that it is a body of sin, which I ought to subject to the rigours of penance. Ah, my Saviour, do I not see that by my care in avoiding suffering, I increase thine, rendering those sufferings useless for my salvation?

All thy sufferings in this cruel scourging, O my Saviour, nevertheless, is little else than the commencement of thy torments.

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Thy sacrifice must be consummated. I behold thee loaded with thy Cross, taking the way to Calvary. Suffer me, O my God and Saviour, to follow thee in spirit, and step in thy bleeding footsteps. What do I see, great God, what marvellous spectacle does faith present to me? A suffering God! a dying God! a God dying in excess of pain! a God dying for the love of those who cause his death! At such a sight what can I say, how can my heart express the sentiments with which it is filled?

Ah, my Saviour, how eloquently dost thou preach upon thy Cross the great truths of faith which thou hast announced to us! How dost thou make known the greatness of the inexorable justice of God, the excellence and the price of our souls, but above all, the malice and enormity of sin, the severity and horror of the punishments which are reserved for it in eternity. And they are my sins, O heart of my God, which thou bewailest, which thou dost lament upon the Cross. They are my sins whi-

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led thee there, which fastened thee to its wood, which have shed thy sacred blood, and caused thy death; and I, my Saviour, die not with sorrow at the foot of thy Cross, I wash not my sins in my tears and in my blood. Ought I not, at least, to pass my life in sighs and tears, without ceasing, for sorrow that I have offended my God, caused the sufferings of Jesus, rendered myself responsible for his blood, and guilty of his death?

Thy heart is still open for me upon thy Cross, O Jesus. Thy arms are extended tenderly to receive me, and I return to thee with sincerity and sorrow.

Every day thou renewest on our altars, in an unbloody manner, the bloody sacrifice which thou didst once offer upon Calvary. It is this sacrifice that I offer thee, as thou didst offer it to thy heavenly Father. Suffer me to unite to thy sacrifice the sacrifice of myself, and especially that of a contrite and humble heart. I beg of thee to give me a heart broken with sorrow to offer to thee,

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and thus render the victim worthy of thee, worthy to be sacrificed to thee.

From the Communion of the Priest to the end of Mass.

The Heart of Jesus concealed and buried in the Sepulchre.

Beloved Saviour, thy body is placed in the sepulchre, the last of the humiliations which thou hadst to undergo in this world, for humiliation was to accompany thee even to the tomb. O my soul, what a state of annihilation, for God made man is this, to be in the world as not there, hidden in the bosom of the earth, surrounded by the shades of death, given up to obscurity in the region of darkness, absolutely destitute of everything, for even the tomb in which Jesus reposes is not his, thus verifying the words he had said of himself,—*The birds of the air have their nests, but the Son of man hath not whereon to lay his head.*

Yet in this state of annihilation, thou, my Jesus, dost preserve all thy power.

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Behold, my soul, the great example given us for our imitation. Saint Paul tells us that we are dead, that our life must be *hidden with Jesus Christ in God.* Yes, my divine Saviour, in thy tomb I will learn the sentiments of thy adorable heart, detachment from the world, forgetfulness of the world, death to the world and to myself, the nothingness of earthly things, the love of retirement, interior solitude, and strict union with God, thou taking place of all, O Jesus, when for thee I shall have quitted all with heart and mind.

O my God, vouchsafe to accept these resolutions; I renew them in this holy sacrifice, and I offer them to thee in union with thine own. I beg of thee to give me the grace to preserve them in my soul as long as I live, and grant that I may persevere in them until death.

O adorable heart of my Saviour, thou wast not to be always in humiliation, suffering, and sorrow. After so many trials and conflicts, thou didst ascend into heaven

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the conqueror of thy enemies, and triumphing over the world, death, and all the powers of hell; thou art exalted in glory, seated at the right hand of the heavenly Father, thy heart inebriated in a torrent of delights, and enjoying the happiness of God himself.

Heart of my God, I share thy glory and thy triumph. Shall I one day share thy glory and thy happiness? It is only through thee and thy merits that I can hope for and merit this grace. I beseech thee to give it me in virtue of the sacrifice which I offer thee. Thou hast offered thyself for me upon our altars, receive me one day in thy sacred tabernacle, in order that I may praise thee for ever with thy elect; and as a pledge of this happiness, vouchsafe to ratify in heaven the blessing which thy priest gives us on earth, in the name of the Father, Son, and Holy Ghost. Amen.

Another Method of Hearing Mass.

Most adorable Trinity, in thy name, and

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to render thee the honour and homage due to thee, I assist at this holy and august sacrifice.

O my God, thou alone art my joy, my happiness, and my hope; but the multitude and enormity of my offences render me unworthy to approach thy altar; but thou callest me to thee, so that in union with thy minister, I may offer thee the adorable victim of my salvation.

I acknowledge, O my God, that I am unworthy to assist at this most holy sacrifice, but thou wilt not reject a contrite and humble heart. I confess my sins. I humbly ask pardon for them. I hope to obtain this pardon through the merits of the victim about to be offered for their expiation.

During the Confiteor.

I, a miserable sinner, prostrate myself before thee, confessing, O Almighty God, that I have sinned against thee, and in thy presence, to Mary the purest of virgins, to Blessed Michael the archangel, St John Bap-

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tist, the holy apostles Peter and Paul, to all the saints whose example I have so carelessly followed, to the faithful whom I have scandalised, to all in heaven and on earth, I confess that I have sinned in thought, word, and deed. I have no excuse whereby I can justify myself. Nothing should have led me to offend a God who deserves an infinite love. I ought rather to have sacrificed my life a thousand times. I can only expect pardon through that infinite mercy, which of myself I am not worthy to obtain; therefore I beseech the blessed Virgin Mary, blessed Michael the archangel, Saint John Baptist, the holy apostles Peter and Paul, and all the saints, to pray to the Lord our God for me. May Almighty God have mercy on me, and forgiving me my sins, bring me to everlasting life. Amen.

At the Introit.

O my God, thou hast said, *I will not the death of a sinner, but rather that he be converted and live.* Thy promises, O Lord, can

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never deceive us. How many blessings hast thou not sent down on us thy people, since Jesus took upon him for us the form of a slave, in order that we might enjoy the sweet liberty of the children of God! Amen.

At the Kyrie.

O my soul, let us implore aloud the mercy of our God; let us cry out without fear of being repulsed. O Lord my God, have mercy on me; thou hast created me; have mercy on the work of thy hands.

Merciful Father, pardon thy guilty servant.

O Jesus, O loving Saviour! infinitely charitable Mediator, do thou regard our miseries, pardon us our sins, and deliver us from the enemies of our salvation.

O sanctifying Spirit, thou art our hope, our strength, our light, our consolation, vouchsafe to purify us from our iniquities.

At the "Gloria in Excelsis."

...y be to God on high, and peace on

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earth to men of good will. We praise thee, we bless thee, we adore thee, we glorify thee, we give thee thanks for thy great glory, O Lord Jesus Christ, O Lord God, heavenly King, God the Father Almighty. O Lord Jesus Christ, the only-begotten Son, O Lord God, Lamb of God, Son of the Father, who takest away the sins of the world, have mercy on us, who takest away the sins of the world, receive our prayers, who sittest at the right hand of the Father, have mercy on us, for thou only art holy, thou only art the Lord, thou only, O Jesus Christ, together with God the Holy Ghost, art most high in the glory of God the Father. Amen.

Whilst the Priest Reads the Collects.

Accept through thine infinite goodness, O Lord, the prayers which thy minister in the name of thy Church addresses to thee for all the faithful, in which I unite also, begging thee to grant me the pardon of my sins, victory over my passions and evil inclinations, an active faith and an ardent chari-

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so that henceforth I may be more faithful in keeping thy commandments, and in the discharge of the duties of my state. I deserve not to be heard, O my God, but I ask this of thee through the merits of Jesus Christ thy Son, who livest and reignest with thee in the unity of the Holy Ghost, world without end. Amen.

During the Epistle and Gradual.

O my God, who hast made known to us the light of thy truth by the words of thy prophets and apostles, in order that we may turn from our evil ways, triumph over our sinful inclinations, and walk in the paths of justice; give the grace to us here present, and to all who bear the name of Christian, to reject whatever is contrary to the august prerogative we thus enjoy, to honour by our works thy divine adoption, and to fulfil perfectly all the duties of the holy state to which thou hast called us.

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Whilst the Priest reads the Gospel of the Day.

I firmly believe, O Lord, all the truths that thou hast revealed to thy Holy Catholic and Apostolic Church, which speaks to me in thy name. I believe, O Lord; but I beseech thee to help and strengthen the weakness of my faith. I adore thy holy Word, and I desire to make it the rule of my conduct, however difficult I may find it to do so. A Christian by my belief, grant, O God, that I may truly be one by my works, and show myself worthy of this name by a sincere love for thee, that the effect of this love may be the fulfilment of thy commands, and the practice of thy precepts; so that at the great day of eternity I may see and possess without a veil the infinite good which thou teachest me to know and to hope for in this world under the shadowy and obscure veil of faith.

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At the Credo.

I believe in one God, the Father Almighty, Maker of heaven and earth, and all things visible and invisible, and in one Lord Jesus Christ, the only-begotten Son of God, and born of the Father before all ages; God of God, light of light, true God of true God, begotten, not made, consubstantial to the Father, by whom all things were made; who for us men and for our salvation came down from heaven, and became incarnate by the Holy Ghost of the Virgin Mary, And Was Made Man.* He was crucified also for us, suffered under Pontius Pilate, and was buried. And the third day he rose again, according to the Scriptures, and ascended into heaven, sitteth at the right hand of the Father, and he is to come again with glory to judge the living and the dead, of whose kingdom there shall be no end.

And in the Holy Ghost, the Lord and

* At these words all kneel to adore God for the mystery of the Incarnation.

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giver of life, who proceedeth from the Father and the Son, who, together with the Father and the Son, is adored and glorified, who spoke by the prophets and our Holy Catholic and Apostolic Church. I confess one baptism for the remission of sins, and I expect the resurrection of the dead and the life of the world to come. Amen.

At the Offertory.

Receive, O Holy Father Almighty and eternal God, this spotless host offered thee by the hands of the priest in the name of the whole Church, and in commemoration of the great sacrifice which Jesus Christ thy Son offered on Calvary, and which is renewed under the species of bread and wine, whose substance is about to be changed into that of his adorable body and precious blood, through his almighty word.

Accept, O my God, of this spotless victim, which I offer thee in acknowledgment of thy sovereign dominion over me and all thy creatures, in thanksgiving for all thy

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tectress in this world, O mother of Jesus! be thou my queen in heaven.

A Prayer to the Blessed Virgin to obtain for us the Virtue of Humility.

O Virgin of purity! O mother of holy love, who owest all thy greatness to humility, I have no just pretence wherewith to address myself to thee, yet I beg through thy intercession for grace to overcome my pride; this is thy enemy, and the enemy of thy Divine Son, who, to destroy it, did not think it too much to abase his divinity so low as to unite himself to our nature, and die upon a cross. Look down, then, O most merciful mother, upon me a miserable sinner. *Illos tuos misericordes oculos ad nos converte.* I ask for nothing but for thee to look mercifully on me; cast thine eyes upon me; yet, even shouldst thou seem to desert me, I will be content. But that mercy which is so peculiar to thee in quality of our advocate and mother, which was given thee by thy dying Son, will not

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permit it. I then humbly beg of thee, that by virtue of all these prerogatives thou wilt obtain for me the grace to extirpate all vain self-esteem and love of praise and honour. Let my glory be to give all glory to Jesus, and to confess myself a sinner, and that all the good I possess by his grace is nothing compared to his greatness. Grant that these virtues which thou teachest me by thy example may be so practised by me, that I may hereafter, with thee, magnify eternally in heaven our Lord Jesus, and give him thanks for having looked down so mercifully on so miserable a soul as mine. Amen.

METHOD OF HEARING MASS BY WAY OF MEDITATION ON THE PASSION.

This method is intended for those who prefer meditation to the recital of vocal prayers.

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The Mass is divided into four parts : the first, from the beginning to the Gospel ; the second to the Elevation ; the third to the Communion of the Priest ; and the fourth to the end.

In the first part we may consider and honour the heart of Jesus, praying in his agony at the approach of his passion, especially in the Garden of Olives.

In the second, we honour the heart of Jesus humbled and suffering in the various tribunals of Jerusalem, until the time of the scourging at the pillar.

In the third, we honour the heart of Jesus suffering in the scourging and crowning with thorns, and follow him in the path of suffering until his last sigh on the cross.

In the fourth, we honour the heart of Jesus hidden and buried in the sepulchre.

This manner of hearing Mass has four very precious advantages.

The priest is followed throughout the sacrifice : this is the most holy and meritorious way of assisting at Mass.

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The heart of Jesus is honoured in every stage of his Passion.

We enter into the interior sentiments of his adorable heart, and endeavour to make them our own.

The Mass thus becomes a prayer, and at the same time a very useful and salutary meditation.

If about to communicate at Mass, the manner in which one is thus occupied will be a very good means for receiving the grace of the sacrament, and may be continued in the thanksgiving. Bearing this in mind, we have indicated a few points for meditation, leaving to each one the liberty of following them up according as the attraction of grace shall inspire him.

From the Commencement of Mass to the Gospel.

✠ In the name of the Father, and of the Son, and of the Holy Ghost. Amen.

The Heart of Jesus praying and suffering.

Thou prayest, thou dost suffer, O my

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sweet Saviour, thy heart experiencing a mortal sadness, suffer me to unite myself to thy sorrows, and give me a share in thy deep affliction. Everything that presented itself to thy mind plunged thy heart in a sea of bitterness ; for thou didst behold the deplorable state of the world, the crimes and excesses of mankind, the torrent of iniquities which deluged the earth, the multitude of souls which would perish and be cast into hell, the glory of thy heavenly Father outraged, the approach of thy passion and sufferings, and their uselessness with regard to so many sinners, who, notwithstanding the shedding of thy blood for them, would be lost for ever. O my Saviour, am I not also a cause of sorrow to thee? Thou lamentest over me, thou seest the sad state of my soul, my tepidity and negligence, my unfaithfulness and resistance of thy grace, the little sorrow I have conceived, my little care for amendment, the danger to which I am exposed of dying in so sad a state. Thou

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lamentest all this, and I am not touched; thou art afflicted, and I am insensible. I ought to pass my life in sighs and tears, and my heart is given up to dissipation and pleasure. Heart of my God, thou prayest, and I know not how to pray; if I pray, it is so ill, with so little attention, fervour, or devotion, that my prayers deserve not to ascend to the throne of thy mercy. My God, teach me how to pray, that at least, in virtue of the sacrifice which I offer thee, my prayer may be pleasing in thy sight. Yes, my God, in this holy confidence I offer thee the homage of prayer for the salvation of my soul, whose misery and extreme necessity thou knowest. I beseech thee also to remember all those for whom I ought to pray,—for my relations, that we may be united much more strongly by the bonds of grace than by those of blood; for my friends, that thou mayst be the bond and centre of our friendship; for my benefactors, beseeching thee to render them a hundred-

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fold the goods which I have received; and the vengeance which I request for my enemies is, that thou wouldst visit them with thy graces. I pray to thee also, in a particular manner, O my God, for the Church my tender mother, for the Sovereign Pontiff, and all the clergy. Shed over all thy abundant benedictions; give to all of us hearts according to thy heart, uniting us all in the same holy fellowship.

Heart of Jesus, praying and suffering, I adore thee, and beseech thee to unite my prayers with thine.

Heart of Jesus, lamenting and agonising, I adore thee, and beseech thee to inspire my heart with the same sentiments.

Heart of Jesus, offering thyself in sacrifice to the eternal Father, I adore thee, and beseech thee to offer me in sacrifice with thyself.

From the Gospel until the Elevation.

The Heart of Jesus humbled and annihilated.

O my sweet Saviour! with what floods of

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bitterness is not thy sacred heart deluged! With what torrents of humiliation is it not overwhelmed! Led, or rather dragged from tribunal to tribunal, from one indignity to another, before judges who are thy enemies, tied and bound as a slave, accused as a criminal, thou art judged, and condemned as a malefactor, a seducer, a disturber of the public peace.

At the house of Caiaphas thou art given up to the insults, the injuries, and affronts of a troop of soldiers, who make thee undergo the most infamous treatment.

Before Annas thy face is dishonoured by a shameful blow, the most audacious outrage that can be perpetrated amongst men.

By Herod thou art covered with a white robe in sign of mockery. Thou art treated as a fool before his whole court, who turn into contempt and insult the esteem and admiration of which thou hast been the object.

By Pilate thou art placed on a level with a robber and a malefactor, and thou

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hast the sorrow to see this infamous wretch preferred before thee.

Dragged through the streets of Jerusalem, thou wast obliged to undergo the yells, the cries, and imprecations of the immense populace there assembled, who load thee with curses and maledictions. O King of glory, what a flood of humiliations overwhelmed thy heart! but what marvellous virtue is in thy interior! What meekness, what patience, and charity! Thou dost pray for those who outrage thee. Thou offerest thy sufferings for those who persecute and afflict thee.

O adorable Saviour, this sacrifice of thy heart was necessary in order to repair the glory of thy outraged Father, to humble the proud exaltation of our minds, to confound the detestable pride with which our hearts are swelled, to make us know the inestimable value of humiliations, to give us in thy passion a touching example to which we can have nothing to oppose. Even on our very altars, to what a condition

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dost thou reduce thyself for the love of us! And yet, O my God, how astonishing and deplorable it is, that notwithstanding so striking an example, pride should still hold dominion over us; for what a fund of vanity, self-love, sensitiveness, and delicacy on the point of honour do we not possess!

My divine Saviour! how much have I not to reproach myself with on this point! I seek only the applause and esteem of men, as if thine were not sufficient. I can suffer and endure nothing for thee, who hast undergone so much for me; the least humiliation afflicts and dejects me; my spirit is rebellious, my heart swells, my whole soul is disturbed and agitated; a cowardly and worthless human respect makes me betray my duty and thy interests. Oh, how can I call myself thy disciple, and acknowledge thee for my Master and my God! Was it necessary, then, O my Saviour and my Lord, that thou alone shouldst drink of the chalice of humiliations? No, my adorable Master, I will

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share it with thee, I will receive it from thy hands, I will have a part in thy abasements; and if I have not the courage to meet humiliations, I will at least accept with submission those which thou shalt send me. From henceforth I offer thee the sacrifice of my pride and my vanity, in order to unite myself to thee in thy annihilations. If nature rebels, or self-love complains, I will follow thy example and implore thy grace. This divine example, drawn from thy heart and passing into mine, will render the chalice of thy humiliations precious, and even consoling to me, and one drop of its bitterness will be sweeter to me than all the deceitful and guilty pleasures of this blind and perverse world.

O heart of Jesus, saturated with indignities, make me share in thy chalice.

O heart of Jesus, steeped in an ocean of sorrows, steep my heart in thy tears.

O heart of Jesus, plunged in an abyss of humiliations and suffering, destroy my self-love and pride.

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From the Elevation to the Communion of the Priest.

The Heart of Jesus suffering and expiring on the Cross.

Was it necessary, O my Jesus, that after having given up thy sacred heart to the greatest humiliations, thy body should be delivered to excessive torments? To what a condition art thou reduced by thy terrible scourging! After having fastened thee to a pillar, they strike thee violently, discharging repeated blows on thy virginal flesh. Thy body is bruised, torn, and covered with wounds. Thou art bathed in the torrents of thy adorable blood, and yet they cease not to strike thee, and to exercise over thee all the fury, cruelty, and hatred of which they are capable.

But, O my God, in the midst of these excessive sufferings of thy body, what are the emotions of thy heart?

Thou dost suffer with patience, O sweet Saviour, submitting thyself to thy heavenly

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Father, offering to him thy torments, begging of him the forgiveness of our sins, regarding thyself as a victim sacrificed for our salvation, beholding those torrents of blood flow with resignation, and even with joy, in order that our sins might be washed away, and that the voice of this adorable blood, rising even to heaven, might obtain grace and mercy for us.

Thou sufferest everything for me, O adorable heart of my Saviour! and I wish to suffer nothing; the least suffering is a torment to me; I fear even the very name of suffering and pain. I care so much for my body, seeking my ease, guarding it so carefully, without remembering that it is a body of sin, which I ought to subject to the rigours of penance. Ah, my Saviour, do I not see that by my care in avoiding suffering, I increase thine, rendering those sufferings useless for my salvation?

All thy sufferings in this cruel scourging, O my Saviour, nevertheless, is little else than the commencement of thy torments.

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Thy sacrifice must be consummated. I behold thee loaded with thy Cross, taking the way to Calvary. Suffer me, O my God and Saviour, to follow thee in spirit, and step in thy bleeding footsteps. What do I see, great God, what marvellous spectacle does faith present to me? A suffering God! a dying God! a God dying in excess of pain! a God dying for the love of those who cause his death! At such a sight what can I say, how can my heart express the sentiments with which it is filled?

Ah, my Saviour, how eloquently dost thou preach upon thy Cross the great truths of faith which thou hast announced to us! How dost thou make known the greatness of the inexorable justice of God, the excellence and the price of our souls, but above all, the malice and enormity of sin, the severity and horror of the punishments which are reserved for it in eternity. And they are my sins, O heart of my God, which thou bewailest, which thou dost lament upon the Cross. They are my sins which

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led thee there, which fastened thee to its wood, which have shed thy sacred blood, and caused thy death; and I, my Saviour, die not with sorrow at the foot of thy Cross, I wash not my sins in my tears and in my blood. Ought I not, at least, to pass my life in sighs and tears, without ceasing, for sorrow that I have offended my God, caused the sufferings of Jesus, rendered myself responsible for his blood, and guilty of his death?

Thy heart is still open for me upon thy Cross, O Jesus. Thy arms are extended tenderly to receive me, and I return to thee with sincerity and sorrow.

Every day thou renewest on our altars, in an unbloody manner, the bloody sacrifice which thou didst once offer upon Calvary. It is this sacrifice that I offer thee, as thou didst offer it to thy heavenly Father. Suffer me to unite to thy sacrifice the sacrifice of myself, and especially that of a contrite and humble heart. I beg of thee to give me a heart broken with sorrow to offer to thee,

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and thus render the victim worthy of thee, worthy to be sacrificed to thee.

From the Communion of the Priest to the end of Mass.

The Heart of Jesus concealed and buried in the Sepulchre.

Beloved Saviour, thy body is placed in the sepulchre, the last of the humiliations which thou hadst to undergo in this world, for humiliation was to accompany thee even to the tomb. O my soul, what a state of annihilation, for God made man is this, to be in the world as not there, hidden in the bosom of the earth, surrounded by the shades of death, given up to obscurity in the region of darkness, absolutely destitute of everything, for even the tomb in which Jesus reposes is not his, thus verifying the words he had said of himself,—*The birds of the air have their nests, but the Son of man hath not whereon to lay his head.*

Yet in this state of annihilation, thou, my Jesus, dost preserve all thy power.

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Behold, my soul, the great example given us for our imitation. Saint Paul tells us that we are dead, that our life must be *hidden with Jesus Christ in God.* Yes, my divine Saviour, in thy tomb I will learn the sentiments of thy adorable heart, detachment from the world, forgetfulness of the world, death to the world and to myself, the nothingness of earthly things, the love of retirement, interior solitude, and strict union with God, thou taking place of all, O Jesus, when for thee I shall have quitted all with heart and mind.

O my God, vouchsafe to accept these resolutions; I renew them in this holy sacrifice, and I offer them to thee in union with thine own. I beg of thee to give me the grace to preserve them in my soul as long as I live, and grant that I may persevere in them until death.

O adorable heart of my Saviour, thou wast not to be always in humiliation, suffering, and sorrow. After so many trials and conflicts, thou didst ascend into heaven

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the conqueror of thy enemies, and triumphing over the world, death, and all the powers of hell; thou art exalted in glory, seated at the right hand of the heavenly Father, thy heart inebriated in a torrent of delights, and enjoying the happiness of God himself.

Heart of my God, I share thy glory and thy triumph. Shall I one day share thy glory and thy happiness? It is only through thee and thy merits that I can hope for and merit this grace. I beseech thee to give it me in virtue of the sacrifice which I offer thee. Thou hast offered thyself for me upon our altars, receive me one day in thy sacred tabernacle, in order that I may praise thee for ever with thy elect; and as a pledge of this happiness, vouchsafe to ratify in heaven the blessing which thy priest gives us on earth, in the name of the Father, Son, and Holy Ghost. Amen.

Another Method of Hearing Mass.

Most adorable Trinity, in thy name, and

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to render thee the honour and homage due to thee, I assist at this holy and august sacrifice.

O my God, thou alone art my joy, my happiness, and my hope; but the multitude and enormity of my offences render me unworthy to approach thy altar; but thou callest me to thee, so that in union with thy minister, I may offer thee the adorable victim of my salvation.

I acknowledge, O my God, that I am unworthy to assist at this most holy sacrifice, but thou wilt not reject a contrite and humble heart. I confess my sins. I humbly ask pardon for them. I hope to obtain this pardon through the merits of the victim about to be offered for their expiation.

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I, a miserable sinner, prostrate myself before thee, confessing, O Almighty God, that I have sinned against thee, and in thy presence, to Mary the purest of virgins, to blessed Michael the archangel, St John Bap-

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At the Introit.

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At the "Gloria in Excelsis."

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earth to men of good will. We praise thee, we bless thee, we adore thee, we glorify thee, we give thee thanks for thy great glory, O Lord Jesus Christ, O Lord God, heavenly King, God the Father Almighty. O Lord Jesus Christ, the only-begotten Son, O Lord God, Lamb of God, Son of the Father, who takest away the sins of the world, have mercy on us, who takest away the sins of the world, receive our prayers, who sittest at the right hand of the Father, have mercy on us, for thou only art holy, thou only art the Lord, thou only, O Jesus Christ, together with God the Holy Ghost, art most high in the glory of God the Father. Amen.

Whilst the Priest Reads the Collects.

Accept through thine infinite goodness, O Lord, the prayers which thy minister in the name of thy Church addresses to thee for all the faithful, in which I unite also, begging thee to grant me the pardon of my sins, victory over my passions and evil inclinations, an active faith and an ardent charity,

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O my God, who hast made known to us the light of thy truth by the words of thy prophets and apostles, in order that we may turn from our evil ways, triumph over our sinful inclinations, and walk in the paths of justice; give the grace to us here present, and to all who bear the name of Christian, to reject whatever is contrary to the august prerogative we thus enjoy, to honour by our works thy divine adoption, and to fulfil perfectly all the duties of the holy state to which thou hast called us.

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Whilst the Priest reads the Gospel of the Day.

I firmly believe, O Lord, all the truths that thou hast revealed to thy Holy Catholic and Apostolic Church, which speaks to me in thy name. I believe, O Lord; but I beseech thee to help and strengthen the weakness of my faith. I adore thy holy Word, and I desire to make it the rule of my conduct, however difficult I may find it to do so. A Christian by my belief, grant, O God, that I may truly be one by my works, and show myself worthy of this name by a sincere love for thee, that the effect of this love may be the fulfilment of thy commands, and the practice of thy precepts; so that at the great day of eternity I may see and possess without a veil the infinite good which thou teachest me to know and to hope for in this world under the shadowy and obscure veil of faith.

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At the Credo.

I believe in one God, the Father Almighty, Maker of heaven and earth, and all things visible and invisible, and in one Lord Jesus Christ, the only-begotten Son of God, and born of the Father before all ages; God of God, light of light, true God of true God, begotten, not made, consubstantial to the Father, by whom all things were made; who for us men and for our salvation came down from heaven, and became incarnate by the Holy Ghost of the Virgin Mary, And Was Made Man.* He was crucified also for us, suffered under Pontius Pilate, and was buried. And the third day he rose again, according to the Scriptures, and ascended into heaven, sitteth at the right hand of the Father, and he is to come again with glory to judge the living and the dead, of whose kingdom there shall be no end.

And in the Holy Ghost, the Lord and

* At these words all kneel to adore God for the mystery of the Incarnation.

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giver of life, who proceedeth from the Father and the Son, who, together with the Father and the Son, is adored and glorified, who spoke by the prophets and our Holy Catholic and Apostolic Church. I confess one baptism for the remission of sins, and I expect the resurrection of the dead and the life of the world to come. Amen.

At the Offertory.

Receive, O Holy Father Almighty and eternal God, this spotless host offered thee by the hands of the priest in the name of the whole Church, and in commemoration of the great sacrifice which Jesus Christ thy Son offered on Calvary, and which is renewed under the species of bread and wine, whose substance is about to be changed into that of his adorable body and precious blood, through his almighty word.

Accept, O my God, of this spotless victim, which I offer thee in acknowledgment of thy sovereign dominion over me and all thy creatures, in thanksgiving for all thy

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benefits, begging of thee with a contrite heart to grant me the remission of my sins, and the assistance necessary for me to work out my salvation.

In union with this unspotted host, I offer myself entirely to thy glory, my body, my soul, my life—all that I have received from thee. I offer myself to thee in a spirit of humility and contrition, with sorrow for having offended thee, and a sincere resolution to serve thee with greater love and fidelity for the time to come.

At the Orate Fratres.

May the Lord favourably receive this sacrifice, to the praise and glory of his adorable name, to our benefit and that of his entire holy Church.

At the Preface.

O almighty and merciful God, draw us from all earthly affections, and raise our hearts to thee, so that, intent only on the ineffable mystery about to take place on

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thy altar, we may adore thee really present. We return thee thanks. We praise and glorify thy supreme majesty, holy Father, eternal God. Almighty Lord, receive through Jesus Christ our humble adoration, united to those of thy blessed spirits; inflame us with their love and zeal; and grant that, celebrating with them thy infinite perfections, we may sing that sublime and eternal canticle, Holy, Holy, Holy, Lord God of Sabaoth, heaven and earth are full of thy glory. Hosanna in the highest! blessed is he that cometh in the name of the Lord. Hosanna in the highest!

During the Canon.—At the Memento for the Living.

Eternal and most merciful Father, we most humbly beseech thee through Jesus Christ thy Son to accept this holy sacrifice of his sacred body and precious blood. Incline thy ears to our prayers for thy Holy Catholic Church; give to it peace; unite her children in the bonds of charity,

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and grant that they may have but one heart and one soul. Do thou thyself govern it by the light of thy wisdom; grant that all the nations of the earth may acknowledge its laws, and that the *gates of hell may not prevail against it*, according to the promise of its divine Founder.

Bless our holy father the Pope, our bishops, our clergy, and all the faithful who are under their guidance. I particularly recommend to thee N—— and N——, all those who offer thee this sacrifice of praise; my parents, (if alive,) relations, friends, and benefactors; for all whom I may have injured, as also for my enemies, if I have any.

United by the bonds of holy fellowship to the blessed Virgin Mary, the holy apostles and martyrs, and all the saints, with whom we form but one and the same body with Christ Jesus our Lord, we beseech thee to grant us through their merits thy special protection. Receive favourably the offerings and prayers of thy whole

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Church; give to us thy peace in this perishable life, and grant that, preserved from eternal damnation, we may be of the number of thy elect, and live, possess, and praise thee for ever, through the same Jesus Christ thy Son. Amen.

At the Consecration.

O my Jesus! I firmly believe that by virtue of the divine words which the priest pronounces in thy name, the bread and wine are truly and really changed into thy body and blood, as by thyself on the eve of thy passion.

At the Elevation of the Host.

I adore thee, O Eternal Word, sacrificed for the love of me! I acknowledge that thou art really and substantially present under the appearances of bread and wine; thou, whom the angels adored from the moment of thy incarnation; thou who didst receive the adorations of the magi in the crib at Bethlehem, and who art the

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constant object of our adorations in this divine sacrament, thou art my Lord, my Saviour, and my God; in thee I place all my trust, I love thee with my whole heart and I consecrate myself to the Eternal Father in union with thee.

[Ask during these precious moments for the particular graces necessary for you; ask for them with a lively faith, with a firm confidence, and through the merits of the holy Victim now offered for you.]

At the Elevation of the Chalice, and during the remainder of the Canon.

I adore thee, O Jesus, thou who hast redeemed me and washed away the sins of the world in thy precious blood. Thou didst deliver thyself to death in order to expiate my iniquities; thou didst rise again for my justification; thou hast ascended into heaven to secure to me the price of thy sufferings, and reignest there with the Father and the Holy Ghost, and wilt descend visibly at the last day to judge the living and the dead.

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Commemorating these august mysteries, I presume to implore thy mercy, O Eternal Father. Thy divine Son is the object of thy complacency. I offer him to thee, the only unspotted Host, holy and without stain, the only holocaust worthy of thy supreme majesty, and the victim who can alone obtain the pardon of my sins, and the assistance which can support my weakness.

During the Memento for the Dead.

Remember, O Lord, thy servants departed this life, who have gone before us with the sign of faith, and who, having died in thy grace without wholly expiating their sins, await thy mercy in their place of exile, have mercy on their suffering souls, O my God, especially that of N——, and of those who have no one to remember them. They are thy creatures, thy children, thy spouses, thy elect; thou lovest them, and the blood of Jesus was shed for them. Give them, I beseech thee, the

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peace, the refreshment, the light, and the happiness which the Church requests in their behalf in union with this unspotted victim.

At the "Nobis Quoque Peccatoribus."

Sinful as we are, we trust not the less in thee, O God of goodness! Our miseries are great, but thy mercies are infinite, and the hope which we have of being received into the company of thy saints is not founded on our own merits, but on those of Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Ghost for ever and ever. Amen.

At the Pater Noster.

Recite the above with the priest, or say the following Prayer.

Give ear, I beseech thee, O Lord, to the humble prayer of thy prodigal child, who casts himself before thee. I presume to call thee my Father, my tender Father, for I am authorised so to do by the express words of thy Son Jesus. May this ador-

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able name which I have dishonoured by so many sins be hallowed everywhere and for ever. May thy kingdom be established in the hearts of all thy creatures, and thy will, which I have so often resisted, be done on earth as it is in heaven; give me every day the bread which I require, but especially the bread of tears and compunction, so useful and necessary to a sinner. Forgive me my sins, as I sincerely forgive others all the injuries which have been done unto me. Preserve me from relapsing anew into sin, by withdrawing from me the temptations and dangerous occasions to which I am exposed, and deliver me from the only evil to be feared,—the loss of thy grace in this world and thy glory in the next.

At the "Agnus Dei."

Lamb of God, who didst offer thyself in sacrifice on the cross, and who continuest thy sacrifice on the altar, in order to blot out the sins of the world, have mercy on

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us, pardon our sins, and give us the peace which the world cannot give, peace with thee by a perfect reconciliation, and true submission to thy holy will; peace with ourselves by a victory over our passions, and peace with our neighbour, by the union of sincere charity; peace in thy Church by the extinction of heresies, schisms, wars, and all that can disturb catholic unity, fraternal charity, and public tranquillity.

At the "Domine non sum dignus."

Lord, I am not worthy that thou shouldst enter into my soul by the communion of thy sacred body and thy precious blood. I heartily detest the sins which render me unworthy of so great a benefit; but thou, O my God, canst pardon me. Say only one word, and I shall be cured of the many wilful sins which render me displeasing in thy sight. Permit me at least to gather up the sacred crumbs which fall from thy table. Grant me some share in the graces

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thou dost communicate to the faithful in this ineffable sacrament. Give me a lively faith, a firm hope, an ardent charity, so that I may be spiritually united to thee. Destroy in me whatever displeases thee; do thou reign alone in my heart, and dispose me worthily to receive in the holy communion thy body and blood, becoming the life of my soul, preserving it in thy grace, and securing to it the pledge of eternal life.

Whilst the Priest reads the Post-Communion.

O Almighty God! I bless thy infinite wisdom and power which have prepared for me so heavenly a nourishment. I return thee thanks for all thy generous goodness to me. I adore thy supreme majesty, which has not disdained to abase itself even to my nothingness. But how, my God, can I acknowledge all that thou hast done in my behalf? I will unite myself to thee, O Jesus, and, loaded with thy benefits, I will invoke and eternally praise

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thy holy name. Ah! since thou givest thyself to me with a generosity so excessive, from this day and for ever I consecrate myself entirely and irrevocably to thee.

At the Last Blessing.

O Almighty God, Father, Son, and Holy Ghost, vouchsafe through the great sacrifice which has been offered unto thee, to give us thy blessing in time and eternity.

At the Last Gospel.

I adore, O Jesus, thy eternal birth in the bosom of thy Father, and thy temporal birth in the womb of a most pure Virgin. Ah! since thou becamest like unto me according to the flesh, and hast vouchsafed to render me a child of God according to the spirit, render me worthy of so high a destiny; and grant that I may be born again in thee, knowing thee, loving thee, and following thee as my true light, so that I may preserve that divine adoption which I

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received in the sacrament of regeneration. Visit me by thy powerful grace in thy august sacrament; establish thy habitation in my soul, and reign there in thy glory as the only Son of the eternal Father, full of wisdom and of truth.

Devotions for Confession and Communion.

Confession has been given us by the divine mercy as one of the most powerful means of salvation. It is through the sacrament of penance that we learn to know ourselves, and to probe the wounds of our corrupt nature, so that they may be healed. By the regular use of the sacrament of penance, the soul acquires light and strength to fight against the world and her own passions, to discover and avoid the snares of the enemy of her salvation, so that the soul may arise again after relapses into sin, and profit even by its fall.

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In order to gather abundantly the precious fruits of this sacrament, we must approach it with good dispositions, and especially in a spirit of faith. Let the true interests of your soul, the care of your sanctification and your eternal salvation, alone direct you in your choice of a confessor. Without serious reasons present themselves, keep invariably to the choice you have made, and address yourself to him as the minister of Jesus Christ. All human considerations ought to be banished from an action so holy. The Christian soul, animated by a true spirit of faith, conducts herself in the holy tribunal as if alone in the presence of God, desiring only to receive the pardon of sin and the graces necessary for eternal salvation. Animated by these holy dispositions, approach with confidence to the sacrament of penance, keeping a fixed and invariable rule as to the length of interval between your confessions. If you feel a necessity for the sacrament, or any unforeseen accident requires a change, let it be

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to advance the accustomed time, never to lengthen it; the longer you delay, the greater the repugnance which you will feel. You will lose your peace of mind, the taste for piety, the sweet habit of union with God and his holy presence. But what is still more fatal is, that little by little you will grow accustomed to a disturbed conscience. Through neglect of this kind may be traced the irregularities and reprobation of a multitude of souls. The daily examination of conscience, which every Christian ought to make before retiring to rest, is an excellent preparation for that which should precede confession. The more exact you are, the more intimate will be your knowledge of yourself and your sins when preparing for the sacrament. On the eve of the day examine your conscience carefully, consider the promises you have made to God, the resolutions you have taken, the causes of your falls into sin; and although an exact remembrance and detail of your sins is necessary, remember that above all things

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you must study to excite in your soul a lively and sincere contrition for the past, and firm and good resolutions for the future.

[Place yourself in the Presence of God.]

O my God, I am about to present myself at thy tribunal, in order to confess my sins and obtain pardon for them according to thy promise; enlighten me, that I may know them clearly; give me thy love, that I may bewail them with a true contrition; thy truth, that I may accuse myself truly and without prevarication; thy strength, in order that I may not fall into them again, and that I may do sincere penance for them.

But, O my God, how can I know my sins if thou dost not enlighten my darkness, as it will be one day dispelled, when I shall appear in thy awful presence! Give me now thy light; make me see myself such as I really am, that I may know the number and enormity of my iniquities, that, accusing myself now at the tribunal of thy mercy, I

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may avoid the condemnation which thou shalt pronounce against me at the tribunal of thy justice.

Prayer before the Examination of Conscience.

Holy Spirit, infinite source of light and love, have mercy on a miserable sinner, who of himself knows not the number of his iniquities, nor can conceive for them a salutary sorrow. Enlighten me, my God; show me the evil I have committed, and the good which I have neglected since my last confession. Suffer me not to be blind to my own failings; draw from before my eyes the veil which self-love places too frequently before them. Discover to me, O my God, the evil which I have dared to commit against thy adorable Majesty, the injury I have done to my neighbour, and all the transgressions which I have committed against the sacred promises of my baptism.

Come, Holy Spirit, fill the hearts of thy

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faithful, and kindle in them the fire of thy love.

V. Send forth thy Spirit, and they shall be created.

R. And thou shalt renew the face of the earth.

Let us pray.

O God, who by the light of the Holy Ghost didst instruct the hearts of the faithful, grant us by the same Holy Spirit a love and relish of what is right and just, and the constant enjoyment of his holy consolations, through Christ our Lord. Amen.

O my God, make known to me the wounds which sin has made in my soul. Come to my aid, O Lord; without thee I cannot discover them. O eternal Light, dispel my darkness. Heart of Jesus, enlighten me as to my weakness; show me my faults; make known my sins to me; grant that I may see them all as thou thyself dost behold them. Holy Virgin, my holy angel guardian, my holy patron, help me in the examination I am about to make, that my heart may be

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purified and rendered less unworthy of the heart of Jesus, thy delight and thy happiness.

Examine your conscience with sincerity and attention, and see, without attempting to deceive yourself, what you have done against God, your neighbour, and yourself. When you have discovered the faults, imperfections, sins, and perhaps crimes which disfigure your soul, excite therein a hearty sorrow, and firm purpose of amendment.

After the Examination.

Behold, O good Shepherd, most tender of Fathers, the sins which I have committed against heaven and before thee. I confess that I no longer deserve to be called thy servant.

Ah! if thou, O my God, didst keep an exact account of my iniquities, how should I support thy presence and the rigour of thy justice? Enter not into judgment with thy servant, O my God, but show mercy to a sinner who confesses his sins.

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Remember thy goodness, O Lord, and the infinite mercies with which thou hast from my infancy prevented me.

Forget the sins of my youth and my ignorance; remember not my imprudence nor my failings, but let thy mercies hasten to prevent me, because I am fallen into extreme misery.

Who without thy grace can perfectly know his sins and his weakness? Purify me, O Lord, from my own sins, and pardon me those of my neighbour in which I may have had some share.

Save my soul, O my God, for without thee it will perish.

Help me, O my Saviour! For thine own love deliver me, and pardon me my sins for the glory of thy holy name.

Treat me not as my offences deserve, and chastise me not according to my iniquities.

I have examined all my ways in thy sight, and seeing how far I have wandered from thee, I resolve henceforth to walk in the way of thy divine commandments.

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Act of Contrition.

O my God, infinite and essential goodness, thou art my first beginning and my last end! It is thee that I have abandoned, preferring to thee a slight pleasure, a passing satisfaction, a perishable good, a foolish vanity, — I, who was created to love thee, and who had but one heart in order that it might attach itself eternally to thee.

O God of truth! thou hast promised not to reject a contrite and humble heart, and to pardon a sinner when he is sorry for his offences. I prostrate myself before thee, filled with the most sincere regret for each of my sins, even for those which are unknown to me. I detest and fear them, much less for the chastisements which they have deserved, than on account of the injury, O holy God, which they have done thee; of the hatred which thou bearest them, and the love which I owe thee. I renounce them with my whole heart, and I

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protest before thee that, assisted by thy grace, I will prefer death to the misfortune of again falling into them. I renounce all the habits and occasions of sin, and I desire to break them for ever. If I have given any cause for scandal, or done any injury to my neighbour, either in his person, his reputation, or his property, I am resolved to repair it; and I wish to be reconciled with my enemies, putting aside every feeling of anger and desire of revenge.

I humbly ask thee pardon, O Lord, through the merits of Jesus Christ my God and Saviour. In this precious blood and in thy infinite goodness I place all my trust, and hope to obtain the necessary help to correct my faults and serve thee more faithfully for the future.

Desiring to satisfy thy justice, O Lord, I accept with submission all the trials, afflictions, and crosses which it shall please thee to send me. I offer them in union with the penance which shall be enjoined by thy minister, and all the good which by

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thy grace I shall perform, desiring with all my heart to acquit myself before thy divine majesty by producing fruits of penance, uniting them to the satisfaction of Jesus Christ thy Son, do thou render them salutary to me through his powerful mediation.

Another Act of Contrition.

I acknowledge before thee, O my God, that I have had the misfortune, or rather the wickedness to offend thee. But this confession is not sufficient for my conversion. True repentance requires a heart broken by sorrow, a sincere regret for the past, and a firm resolution for the future. And whence shall these holy dispositions come if not from thee, my God? Yes, it is thee whom I have so unworthily offended, who will put into my heart this sorrow and this firm resolution, without which there is for me no hope of pardon.

O Jesus, model of the most perfect compunction, thou whose soul was so pene-

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trated with sorrow for my sins, and who didst shed such bitter tears for them, inspire me with those sentiments which thou didst vouchsafe to entertain for love of me; and since thou hast taken on thyself the enormous weight of my crimes, communicate to me that true spirit of penance of which thou wast the model, when, prostrate before thy Father in the Garden of Olives, thou didst make so infinite a reparation to divine justice for my iniquities.

Holy Virgin, mother of my God, and my powerful advocate, pray for me, a poor sinner, that the confession which I am about to make may not render me more criminal, by the abuse of a sacrament instituted for my justification; but on the contrary, that it may obtain me the pardon of my sins, and grace to prevent me from falling into them for the future.

Father, I have sinned against heaven and in thy sight; I am not worthy to be called thy servant. I acknowledge before thee and in the bitterness of my soul the

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multitude and enormity of my offences. Ah! who will give to my eyes torrents of tears in order to weep for them as they deserve?

O Infinite Goodness! it is for love of thee that I detest my iniquities; it is through the infinite merits of Jesus Christ my Saviour that I implore and hope for forgiveness; it is in his adorable wounds that I seek a remedy for those which sin has made in my soul. Lord, have mercy on me, according to thy great mercy; behold my heart; increase and confirm in me by thy grace my resolutions to avoid sin, and the proximate occasions of sin.

[Excite within yourself sentiments of compunction and sorrow, and remember that your confession must be—1st, entire, without concealing anything; 2d, simple and clear, free from excuses; 3d, humble and generous, not sparing yourself the shame attached to the explanation of those humiliating circumstances which may change the nature of the sin. If there be any fault the avowal of which is most painful to you, commence your confession by accusing yourself of it. Mention the number of times that you have fallen into each sin, and if you cannot remem-

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ber them precisely, do so as nearly as you can. Accuse yourself with clearness, following the order of the commandments, seven deadly sins, &c.]

Thanksgiving after Confession.

O my soul, bless thou the Lord, and let all that is within me glorify his holy name. O my soul, bless the Lord, and never forget his benefits. It is he who has pardoned thy sins, who has healed thy infirmities, surrounded thee with mercies and graces, who grants thy desires, loads thee with blessings, and who renders to thee a renewed youth like unto the eagle's. The Lord hath not dealt with us as our crimes deserved. He has banished our iniquities as far from us as the east is from the west. As a father hath compassion on his children, so hath the Lord compassion on those who fear him, because he knows the frailty of our nature and remembers that we are but dust.

Such are the sentiments of my heart, O my God, at the sight of the mercy thou

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exercisest towards me. How great is thy goodness, O Lord, to fill a soul so ungrateful as mine with the gifts of thy grace! Ah! lest the enemies of my salvation should drag them away, place thereon the seal of thy powerful protection, and make me feel the infinite value of all thy benefits. Amen.

O justice of my God, of myself I can do nothing to satisfy for my offences, but I offer thee the merits of a God which are infinite. I present thee, O Lord, the sacred heart of thy Son; and if I have not all the sorrow which my sins demand, behold the grief which they have cost that adorable heart; that deep wound, and that sacred blood will plead for me; they proclaim that my divine Saviour has satisfied for my offences.

O my God, pardon me my vanity and pride, on account of the humility of thy Son; pardon my enmities and hatred, on account of his immense charity; pardon my impetuosity and temper, on account of

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his meekness; pardon my sensuality and the little guard I have kept over my senses, on account of that virginal flesh which was scourged for me; pardon my want of mortification, in consideration of the hunger and thirst which thy Son endured upon the cross. O heart of Jesus, be my satisfaction as thou art my Redeemer.

But, my God, if thou desirest of me any other penance, I submit to it. I accept without reserve all the trials to which thou hast condemned me for the punishment of my sins, resolving to bear patiently afflictions, sorrow, sickness, and persecution, and all the evils which may befall me in this life, either direct from thy hand or through the instrumentality of creatures. I accept them according to the dispositions of thy divine providence.

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PREPARATION FOR COMMUNION.

Act of Confidence.

My God, I am so persuaded that thou watchest over all those who hope in thee, and that nothing will be wanting when we look to thee for everything, that I am resolved to live for the time to come without solicitude, and to place myself wholly in thy hands. *In pace in idipsum dormiam et requiescam, quoniam tu Domine singulariter in spe constituisti me.* I may be deprived of wealth and honour; sickness may rob me of my strength and the means of serving thee; I may even lose thy grace by sin, but I will not lose my hope; I will preserve it till the last moment of my life, and all the powers of hell shall in vain endeavour to drag it from me. *In pace in idipsum dormiam et requiescam.* Others may expect their happiness either from their riches or their talents; may trust in the innocence of their lives, the severity of their penance, the number of their good

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works, or the fervour of their prayers. As for me, O Lord, all my confidence is in my confidence itself. *Quoniam tu Domine singulariter in spe constituisti me.* He who confides in God shall never be confounded. *Nullus speravit in Domino, et confusus est.* I am then sure that I shall be eternally happy, because I firmly hope to be so, and it is in thee, O God, that I place my hope. *In te Domine speravi, non confundar in eternum.* I know, alas! I know too well that I am frail and inconstant; I know that temptations may arise even for those solidly grounded in virtue. I have beheld stars fall from the heavens, and the pillars of the firmament tremble, but yet I do not fear so long as I hope. I shall be sheltered from all misfortune; and I feel convinced that I shall always hope, because I so earnestly desire this invariable confidence in thee. Ah! my God, I cannot hope too much. I trust thou wilt preserve me from sin, sustain me against its most furious assaults, and that thou wouldst make my weakness

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triumph over my most formidable enemies. I hope that thou wilt ever love me, and that I shall love thee always without ceasing. And carrying my confidence to its utmost extent, I hope for the possession of thyself, and that, after having adored, loved, and served thee in time, I shall have the happiness to see and enjoy thee eternally in thy heavenly kingdom. Amen.

Act of Faith.

O my Saviour! about to receive thee this day in my soul, I desire to honour, glorify, and render thee the sovereign homage due to thee alone, and consecrate to thee the thoughts, words, and actions of my life, acknowledging that thou art my first beginning, my last end, my supreme happiness. I beseech thee to establish in me the reign of thy love, to apply to me thy infinite merits, forget my past iniquities; to grant me the grace of commencing a new and fervent life, and to give me in thy august sacrament the

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pledge of eternal life promised to those who worthily receive thee. I wish to receive thee, O my God, for all the intentions thou hadst in instituting it. I unite the communion I am about to make to those of all just souls in heaven and on earth, and I ardently desire to have a share in their holy dispositions and prayers, in order to honour thee as far as my weak nature will permit.

United in heart and mind to thy Holy Catholic Church, I beseech thee to bless and preserve her according to thy promises; to extend our holy faith throughout the world, to convert sinners; give rest to the souls of the faithful departed, and to sanctify my relations, friends, and benefactors, and my enemies.

I am unworthy to receive thee, O my God. Alas! who am I, and who art thou, O Lord? Thou art the Son of the living God, equal to thy Father, infinitely good, powerful, wise, and holy; or rather, thou art goodness, power, wisdom, and holiness itself, and I am dust and ashes—a mere

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nothing in thy sight. What do I say? I am less than nothing, because thou seest in me only an ungrateful sinner, who has abused thy benefits and rebelled against thy infinite majesty. O Lord, I do not deserve that thou shouldst favour me by honouring me with this visit. My miseries are not unknown to thee, and nevertheless thou dost tenderly invite me to receive thee; nay, thou commandest and dost threaten me with an unhappy eternity if I withdraw myself from thee. My unworthiness makes me tremble, but thy pressing invitations encourage me. I know that I ought to have the purity of an angel to be worthy to receive thee; and if I presume to approach thy holy table, it is because I know that thou art the God of mercy, and hast redeemed me by the price of thy blood. Prostrate at the foot of thy holy altar, I sacrifice to thee my attachment to my own will, I sacrifice those eager desires to be esteemed and loved by others, my impetuous and hasty temper, that human re-

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spect which has so often been the mainspring of my actions, those warm attachments and natural friendships which have occupied my mind and my heart. I resolve henceforth to act only for thee; to seek only to please thee, that my mind, my heart, my soul, may acknowledge thee for ever for their only King and sovereign Master.

Trusting in the infallible words of thy divine Son, and full of confidence that thou wilt refuse nothing that I ask in his name, I beseech thee now to admit me to the participation of his body and blood, his soul and divinity. The benefit to which I aspire is infinite, and I am not worthy to deserve it; but it is in the name of Jesus Christ, and to honour thee through him, in a manner worthy of thy majesty, that I request it. When I shall possess Jesus, I will offer myself with him, and unite myself to him, in order to acknowledge thy sovereign dominion, in thanksgiving for all the gifts I have received from thy fatherly hand. I will

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present thee his blood and his merits for the satisfaction of my offences, and I will solicit through his mediation all the assistance of which I stand in need, so that I may love and serve thee with ardour and fidelity.

Holy Spirit, who formed the body of my Saviour in the chaste womb of Mary, and who hast enriched the soul of this incomparable Virgin with thy most excellent gifts, vouchsafe to prepare me for the ineffable union which the Word incarnate then contracted. Purify my senses, enlighten my mind, inflame my heart, and be to me the sacred bond which shall unite me to Jesus for ever.

O blessed Virgin, my tender mother, who didst obtain from thy divine Son a brilliant miracle at the wedding feast of Cana, behold my misery and the need I have of thy assistance; obtain for me of Jesus a new prodigy of his almighty power, that my coldness and tepidity may be changed into an ardent charity.

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Angels of heaven, who unceasingly adore the majesty of the thrice holy God, reflect in my soul the sentiments of respect and love with which the infinite perfections of the Most High inspire thee. The God of the universe is about to visit the weakest of his creatures. Happy seraphim, who burn with the purest love for him, take from the fire which inflames you a burning coal, and purify my lips which are about to receive him whom you contemplate with a love so holy. Ah, why am I not inflamed with the divine fire by which you are consumed!

O my Saviour, my adorable Jesus! thou seest how unworthy I am to receive thee; but I ardently desire to deserve so great a happiness; I have then recourse to thee in order to obtain the means of pleasing thee. O Jesus, vouchsafe that the riches of thy grace may make amends for my misery. Prepare thyself thy dwelling in my soul, and come and take possession thereof. Come, O Jesus, do not delay; my soul languishes

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with love for thee, the God of my heart, and my portion for ever.

Why have I not the desire which thou hadst to eat the Pasch with thy disciples? Why am I not penetrated with that lively, ardent faith which drew them to their Master in this happy banquet?

My soul, panting with thirst, can only extinguish it by receiving thee, O God, who art its strength and its life. When shall I have the happiness of receiving and possessing my only good?

How sweet it is, O Lord, to think only of thee, to sigh only after thy delights. My heart and my soul exult with joy in the hope of tasting them at their very source. The thirsty stag seeks not the living fountains with more ardour than my soul desires thee the God of my expectation, who art about to accomplish my happiness.

Prayer before Receiving.

O all ye holy patriarchs and prophets, who didst so ardently desire the coming of

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the Redeemer promised to the world, obtain for me desires like unto thine, in order that I may exclaim, Come, O Jesus, hasten to fulfil my desires. Illustrious and glorious apostles, preachers of the gospel, and perfect imitators of Jesus Christ, pray to him to grant me a lively faith, a firm hope, an ardent charity, so that I may worthily participate in the adorable mysteries of his body and blood.

Triumphant army of martyrs, confessors, and virgins, who reignest in heaven with Jesus, obtain for me the victory over my passions, the imitation of thy virtues and those holy dispositions with which thou didst approach the Source of grace.

Angels of the Lord, Saints Michael, Gabriel, and Raphael, all ye heavenly spirits, and thou especially, my holy angel guardian, who never cease to love, praise, and adore God, lend me your hearts; so that, uniting my adorations to thine, I may cry out with thee, O divine Lamb, sacrificed for love of me! thou art worthy to receive divinity,

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wisdom, strength, honour, glory, and benediction for ever and ever. Holy Mary, who didst bear in thy chaste womb the same Jesus who is about to descend into my heart, obtain for me the virtues this divine prerogative merited for thee, a sincere humility and a true contempt of self; an unalterable purity of mind and body; a fervent and ardent love for thy divine Son. O Mother of Jesus, be thou my mother, and help me to show myself thy faithful servant.

Holy Spirit, source of all sanctity, visit my soul, and fill it with the light and love which constitutes thy essence; enlighten my mind, enkindle in my heart thy divine fire, and establish therein thy eternal dwelling, preparing it for that of the incarnate Word.

O Jesus, uncreated wisdom, who disdainest not to visit thy poor creature, behold me humbly prostrate at the foot of the throne of thy mercy. To thee I have recourse in order to be more and more purified from my iniquities, and admitted to the ineffable happiness thou preparest for me. O

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my Jesus, draw me to thyself, and bestow on me all the help which my weakness requires, and the love with which the remembrance of thy benefits should inspire me.

Eternal Father, from whom descendest the most perfect gifts, glorify thy name by multiplying on me the gifts of thy tenderness and mercy. The benefit thou designest for me exceeds all others. Thou givest me thy Son, the eternal object of thy complacency; vouchsafe to impress on my heart his divine resemblance, and render me worthy of thy adoption, by a faithful imitation of his virtues.

Prayers after Communion.

Is it possible that a God, whose majesty is infinite, and whom the heavens cannot contain, should dwell in my heart? Great God, dost thou give thyself thus to the meanest of thy creatures? Dost thou humble thyself thus to nothingness, even to the abyss of misery? And who am I that thou

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shouldst even remember me? O ineffable favour, O unexampled goodness!

Penetrated with the benefit which unites me to thee, O Jesus, I throw myself at thy feet, and adore thee as the only Son of the Most High, as my Creator, my Saviour, and my sovereign good. Oh, how happy am I to be able at this moment to adore thee in the only manner worthy of thee! Yes, my God, it is in and by thee that I render to the divinity dwelling in me the most profound homage. I belong to thee, my Saviour, by a multitude of titles, and I render thee nothing but that which is thine, the inestimable gift I have received; increase in me the desire to devote myself more perfectly to thy service. I consecrate to thee, O Jesus, my soul and all its powers, my body and all its senses, my heart and all its affections. I offer to thee my life, my health, my strength, my talents, and my goods. I offer thee all that I possess, and all that I am in the order of nature and grace.

O my God, what thanksgivings can equal

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thy benefits? Thy gifts surpass my feeble understanding, and my heart can only feel all their prices. Supply for my weakness, O ye blessed Spirit; impart to me thy burning love. But what do I say, O Jesus, thy sacred heart has it not visited me? Thus sweetly united, I can return my grateful acknowledgments to thee. O merciful Jesus, thou didst never enter any place on earth without leaving the marks of thy divine presence. Thou hast visited my soul, show to it the like mercy; vouchsafe, O infinite goodness, to shed over it thy abundant benedictions. Pardon my sins, my negligences, my imperfections, which I bewail before thee. Grant me the grace to love thee perfectly, to die a thousand times rather than willingly offend thee, that I may fulfil in all things thy adorable will, and renounce my own, which is so frequently opposed to thine. Give me the strength to resist temptations, and courage to conquer my passions and my evil inclinations, particularly the sin of —— O sovereign Lord of

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heaven and earth, who art infinitely holy and good, infinitely wise and powerful, thou art in me; my soul has become thy tabernacle and sanctuary. He whom heaven itself cannot contain has vouchsafed to dwell in this poor unworthy habitation. Thou hast thus willed, O Lord, and but for thy invitation I had not dared to approach thee. "*Take and eat*," thou didst say, "*this is my body, which shall be delivered for you.*" Thy evangelists and thy apostles have assured me in clear and formal terms. Thy Church, the faithful interpreter of these sacred oracles, has declared it to me. That which was bread and wine is changed by thy almighty power into thy body and blood. I am ready to die a thousand times for this truth. I adore thee really present in my heart, and render thee the homage due to thy supreme Majesty.

O God, who knowest the most hidden folds of this miserable heart, what deep and dangerous wounds dost thou not perceive; thou alone, O Jesus, canst cure them; assist me, save me, for without thee I perish.

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Couldst thou suffer me to perish, my Saviour, after the grace thou hast given me? Can I doubt of thy divine assistance? Ah, no; thy goodness is boundless, and I should offer an outrage to thee did I put a limit to my confidence.

Assisted by thy grace, I propose to reform my life according to the maxims of thy gospel, to have no other rule of conduct than thy divine example, to detest everything that can withdraw me from thee.

Is there anything in the world which I ought not willingly to sacrifice? Pleasures, vanities, frivolous attachments, human respect, disorderly love of self and creatures, everything shall yield to thy glory and thy always just will. From thee alone do I expect my joy, my repose, my glory, and my happiness. To thee alone I consecrate my thoughts, my words, my actions, and my desires.

O Lord, thou seest my weakness, thou knowest my evil inclinations and the vicious habits which have made me wander from

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thy law. But thou knowest also that, weak of myself, I can do all things with thy grace. Refuse me not, my God, that powerful grace; let it strengthen the good resolutions with which thou hast inspired me, and disengage me wholly from the world and its allurements; let it preserve me from the deceitfulness of its pleasures, and make me abhor its examples as much as its maxims. Create in me a pure heart and an upright spirit; change this stubborn spirit, this hard and obdurate heart of mine which has resisted thee so often; attract and unite it inseparably to thee. Grant that after the ineffable union with which thou hast honoured me, I may labour to preserve thy presence in my soul, and to love thee here below, so that I may deserve to contemplate, praise, and love thee eternally in the splendour of thy glory.

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A Second Method.

Act of Faith.

I believe that I am about to receive the Eternal Word, the Son consubstantial with the Father, the figure of his substance, the spotless mirror of his divinity; the splendour of his glory; the eternal wisdom by whom all things were made; the Word, who, from all eternity proceeding from the bosom of his Father, vouchsafes to visit me; that Son incarnate for our love; that body, formed by the operation of the Holy Ghost of the most pure blood of the blessed Virgin; that God-man, the Saviour of the world, the desired of nations, who, being on earth, by his only word cured the sick, raised the dead to life, chased away devils, calmed tempests, overthrew his enemies, and converted sinners.

I believe that I am about to receive the soul and divinity of Jesus, the masterpiece of the power and wisdom of God, exalted

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to the hypostatic union which participates in all the glory of the Eternal Word. I shall receive that sacred body which was nailed to the cross for love of me; that same blood which was shed for me in the Garden of Olives, in the pretorium of Pilate, and on the cross; that deluge of the divine mercy in which all my sins have been buried; that blood which satisfies for my sins, which disarms the justice of God, which appeases his anger, and cries for mercy more loudly and eloquently than that of Abel for vengeance against Cain; that blood, inflamed with divine love which animates it, is the source from which I am about to quench my thirst. I believe that I am about to receive that adorable heart, which was consumed, whilst on earth, with the desire to unite itself to men, in order to be their principle of life and sanctity; that heart which was pierced for love of us, into which I shall enter as into an abyss of mercy, which calls me from the abyss of my misery to a happy haven of eternal

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rest. Protected with this powerful shield against all the attacks of my enemies, I shall receive the same Saviour who was the victim expected from the beginning of the world, who died, rose again, ascended into heaven, is seated at the right hand of his Father, raised above all mankind, and who will one day judge the living and the dead. And because the Father and the Holy Ghost are inseparable from the Son, I shall at the same time receive the most holy Trinity. Shed over me then, O God, the grace of redemption, and at the same time that I shall partake of this sacrament, apply to me the merits of thy death; and as thy sacred flesh, which thou givest me, is a pledge of thy infinite love and of the glory thou hast promised me, let it be to me an engagement to live only for him who vouchsafed to die for me.

Act of Hope.

O my God, what may I not expect from thee, who cometh to me in the character of

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a Father in order to load me with thy favours? Thou art almighty, thy promises infallible, and merits infinite; and giving thyself to me canst thou refuse me the inheritance of heaven, for do I not possess the heir thereof? O Jesus, my Saviour, I trust that after having adored thee under the veils of the sacred host in this world, I shall see thee face to face in the next; that after having received thee in my heart thou wilt receive me in thine; that after having been nourished by thee, my soul shall, by this divine substance, be nourished and absorbed in God; and since thou hast said that we shall obtain from thy Father all that we ask in thy name, what may I not hope for if I ask not only in thy name but in thyself? Will he not grant to thy merits that which he will refuse to my unworthiness? Does not the gift thou hast already made me pledge thee to give me every other? Have I not in the possession of thee a certain fund on which to rest my hopes and acquit my debts, and

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say to thee with an entire confidence, "O God, my protector, regard me in the person of thy Son. I offer him to thee to be my reconciliation, and the bond of the love which thou bearest me, hoping that through him thou wilt grant my petitions."

Act of Love.

O Jesus, who hast loved us even to give thyself to us, to nourish us with thyself, to die for us, and to sacrifice thyself for us day and night upon our altars, in order to appease the anger of thy Father, I desire to live only for thee. Grant that I may be all thine, loving nothing so much as thee, loving only for thee, because thou art infinite beauty and an infinite abyss of perfections. Let nothing separate me from thee; let me die for thee, and may the flames of thy adorable heart consume my own, destroying all that opposes the inviolable love I wish to have for thee, who art my infinite good.

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Act of Contrition.

Grant to me, O Lord, that true sorrow which can alone purify my soul, and render it worthy to receive thy adorable majesty; and since thou requirest the sacrifice of a contrite heart, grant to me the victim which thou hast commanded us to offer. O my God, I detest all the sins of my life, because they displease thee; but especially those which I have committed against thy divine sacrament, by the abuse, the profanations, the irreverence, and the little profit I have drawn from so many communions, by the want of vigilant watchfulness over my senses, my mouth, and my tongue; which have been so often consecrated by thy divine presence, and which I have sullied by so many sins. If the wicked king of Babylon was so severely punished for having once profaned the vessels of the temple of Jerusalem, which served but to contain the blood of sheep and goats, what will become of me, who have so frequently profaned

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the living temple animated by Jesus Christ, by profaning my body destined to receive the precious blood of the Lamb of God? O divine Jesus, what a confusion I feel at beholding myself so unworthy to approach thy holy table! Suffer me to seek the remedy for my evils in the wound of thy sacred heart; that this adorable heart, which cannot suffer the slightest stain, may imprint on mine a horror and fear of the smallest offence; let it be to me as the burning coal which purified the lips of Isaiah; place it, I beseech thee, on my heart, my tongue, my senses, and all the powers of my soul, so that it may burn and annihilate all that is displeasing to thee.

Act of Humility.

O my God, the stars of heaven are not clean in thy sight. The pillars of the firmament tremble before thee; the brightest of thy seraphims cover themselves with their wings, and consider themselves as

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nothing in the presence of thy infinite majesty. How, then, can a creature so worthless as I am presume to approach thy holy table and receive thee? If it was so criminal in a priest of the old law to have touched irreverently the ark of the covenant, so that he was punished with instant death, what ought I not to fear if I touch and receive him of whom the ark was nothing but the figure?

O sacred heart of Jesus, which loves in an infinite degree the spotlessness of purity, which reposest amongst lilies, whilst the day declines and the shadows fall, what rest and welcome can I offer thee in this heart of mine, which gives birth to thorns instead of flowers, and in place of the freshness and bloom of virtue, only the heat of sin is to be found. The only consolation which remains to me, O Lord, is the remembrance of the words of thy gospel, which teaches me that the poor surrounded thee, the blind sought thee, the lepers called thee; that sinners sat at thy

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table; that thy merciful heart permits thee to reject no one; and that thou wilt say to those who murmur at thy conduct, that the physician seeks the sick, and that thou didst come to save sinners. Almighty God, whose mercy extends to the thousandth generation, I beseech thee to grant me this grace, that as David suffered at his table an uncouth and deformed man, because he was the son of his friend Jonathan, thus honouring the merits of the father in the person of the son, it may please thee, O Eternal Father, to suffer at thy holy table one who is disfigured by sin, through the merits of Jesus Christ, thy Son, whom thou lovest so much, and who is the second Adam, our true Father.

Act of Adoration.

O Incarnate Wisdom, veiled to my mortal eyes, I acknowledge thee beneath this sacred host as true God and true man, to whom I offer up my being and my life. The more I behold thee hidden and anni-

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hilated in this mystery, the more profound and fervent shall be my adoration, the more will I abase myself in thy presence.

Act of Desire.

O my God, grant that I may desire thy coming in my heart as ardently as the ancient patriarchs desired thy advent on the earth. That on beholding this sacred host, which is the pledge and earnest of eternal life, I may be no less ravished with the desire of possessing thee than were the Israelites at the sight of that branch of the vine so laden with fruit, which was as an emblem of the riches of the Promised Land, and which prefigured thee, O Tree of Life, fastened to the cross, from whence, as beneath a mystic wine-press, thy blood flowed in such great abundance that there was enough to wash away the sins of the whole world, and which is applied to us in such immense profusion when we worthily receive thee in the holy eucharist. May I sigh after thee, O Heavenly Bread, which

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art the delight of kings, with the same ardour with which David burned when he desired to drink of the waters of the wells of Bethlehem.

O my God, how holy and august is this sacrament, and how great the fear I ought to have in approaching it! Yet I know that it is the treasure of the poor, the remedy of the sick, the strength of the weak, the feast of those who hunger, and the milk of children, and that it is only at thy holy table that we are fed by those pure delights, which never satiate the soul by their abundance, but which always give new life and vigour to our good resolutions.

Prayer before Receiving.

O my God, thou seest that I have not those holy dispositions which I should have for worthily receiving thee in this august sacrament. I offer thee, to supply for my deficiency, those of the blessed Virgin, when she received thee in thy holy incarnation; those with which she was in-

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flamed when she received this divine sacrament, and when she approached thee after thy glorious ascension. Accept, then, this most pure praise, ardent love, and faithful and constant homage which thy holy mother and all thy saints rendered thee in this world, to supply for what is wanting in me.

O my God, there is no place worthy of thee, no love with which thou canst be worthily received, save that which thou hast for thyself. I give myself to thee. I humble myself before thee, and beseech thee to make me humble of heart, and imprint in me thy maxims, thy laws, and thy love, so that, coming to me in the holy communion, thou mayst find a habitation worthy of thy infinite majesty.

Thanksgiving after Communion.

I adore thee, my Lord and Master, who hast taken possession of my heart. Make thy throne thereon, establish thy kingdom there for all eternity. I give thee all that

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I possess without reserve—my heart to thy love, my will to thy law, my understanding to the knowledge of thy goodness and greatness, my memory to the perpetual remembrance of thy love, thy passion, and the profusion of thy divine liberality to me, and my mind that it may be penetrated and convinced of the truth of the maxims of thy holy gospel, which teaches us that contempt is worth more than honour, insult than praise; to be annihilated in thy sacred heart than applauded by the whole world; to be in suffering than on the throne of the universe; to mourn piously under the weight of the cross better than to be ravished to the third heaven; to be the victim of falsehood, rather than to say a word which may offend a neighbour;—in short, my God, I give thee my body and its senses, my soul and all my inclinations, as a holocaust, to be sacrificed to thy glory and consumed in thy service. Amen.

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Act of Love.

O Jesus, my Sun! who hath descended from the firmament of heaven to take possession of my sinful heart. Ruler of the heavens, what is it that has surrounded thee with this obscurity? Can the icy coldness of my heart endure beneath thy warmth? Bright Sun of my soul, inflame me, and as the brilliancy of thy rays penetrates everywhere, consume me with those of thy love, that I may live, and be protected from the flames of thy justice. O Uncreated Light! which makest the beautiful day of eternity, which enlightenest all mankind and governest the universe, is it possible that I contain thee in my heart? Govern, then, the little world within me; do not abandon me to my own guidance; regulate the epochs of my life, my days and my nights, my hours and years, my time and my eternity; let every moment of my life be sanctified by thy love and consecrated to thy glory.

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Act of Thanksgiving.

What shall I give thee, O my God, for the gift I have received, for the numerous benefits with which thou hast loaded me? Though I should be the sovereign monarch of the world, and should possess the holiness of the angels, my greatness would be finite, and thine is infinite. I have been made in time, and thou art eternal; I am but a poor creature, the work of thy hands; and thou art the adorable Creator. What shall I do, where shall I go, in order to render to thy majesty an equal worship, a gratitude conformable to thy infinite liberality? "*Introibo in potentias Domine.*" I will enter into the masterpiece made by thy hands, into that work in which thou dost glorify thyself, into the heart of thy dear Son, in which thou takest such delight and reposest so complacently. I will enter into that adorable sanctuary in which is found all the plenitude of the Divinity. Suffer me, then, O Jesus, since thou art

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mine, to unite my heart with thy sacred heart, my mind with thine, my own nothingness with thy greatness; that, overwhelmed in thy annihilation, I may say to thy Father, I love thee, O infinite God, through the heart and the love of thy Son; I love thee, I adore and thank thee through the praise, the adoration, and all the adorable operations of that seat of thy divinity. I ask that which he asks. I speak with his mouth; I bless with his lips; I love with his heart; I give that which he presents to thee; I satisfy by his sufferings; I render thee in him divine praise, divine love: and thy infinite greatness will find in this treasure which I present an equal worship, worthy and conformable to thy majesty. I am nothing, but thy Son speaks for me; and since he desires that I should speak to thee as in him, I leave the earth, and, soaring above the angels, casting myself into his heart and into the bosom of his

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mercy, I render thee in him amidst the silence of all creation the homage due to God.

Petition.

Divine Jesus, eternal source of mercy, shed over my soul some drops of thy precious blood which I adore, that it may soften and turn itself to thee, who ought to be the centre of my heart. Apply, I beseech thee, thy death to my life, in order to sanctify it; thy flesh to my soul, to nourish it; thy strength to my infirmity, to sustain it; thy grace to my sins, in order to efface them; thy mercy to my miseries, to comfort them; thy light to my darkness to enlighten it; thy glory to my lowliness, in order to exalt it to sovereign beatitude. Amen.

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METHOD OF HEARING MASS WHEN ABOUT TO COMMUNICATE.

Consider attentively the greatness of the action you are about to perform, and say—

With the break of day I have blessed and adored the ineffable Giver of all good gifts. What is it that he has prepared for me this morning? O holy tabernacle, thou dost enclose the precious bread of the elect! Oh, shall I be so happy as in a few moments to have this heavenly food repose upon my lips and nourish my languishing heart! Yes; it is permitted me to aspire after this inexpressible happiness. At the holy sacrifice at which I am about to assist I hope to be heard, and may offer up those holy aspirations which the expectation of the eucharistic manna produces in the heart which strives worthily to receive it. The King of kings, in whose sight the kings of the earth are as nothing, has ordered a great feast, to which I am invited in the character of spouse. Jesus

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will there feed me, and I shall receive within me the spouse of my soul. What an honour! Can there be a greater? Is it possible to appreciate such a happiness sufficiently?

At the Beginning of the Mass.

Strengthen your confidence, and beg of God to renew it.

I come, O Lord, before thy sanctuary to seek the life and nourishment of my soul, but am I sufficiently pure to unite myself to thee? O my God, vouchsafe to manifest to me thy judgments. Thou oughtest not to be received by sinners, they are unworthy to approach thee. I reside in thy house, O Lord, dwelling therein by a grace of thy special goodness; nevertheless, I fear lest I should not have proved myself sufficiently. Have I discerned thy sacred body, or remembered the price of thy precious blood?

My soul, why art thou sad? why dost thou trouble me? Will that God reject

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me who has given me so many marks of his love, and who desires to make me happy? Oh no, my God! I hope in thee; thou shalt be my strength. It is thou who dost introduce me to thy tabernacle, calling me there by love, and conducting me by hope. Thou wilt not suffer me to dishonour thee by a sacrilegious communion. Send me from on high, I beseech thee, that wisdom which shall make me feel the dignity of thy sacraments, the beauty of thy law, the majesty of thy presence. O my God, make thy minister worthy to enter into thy sanctuary, and give me the fervour of those blessed souls who reign with thee in heaven.

At the Confiteor.

Sincerely detest your faults.

I am humbled, O Lord, at the sight of my sins. I have violated thy holy commandments, I have infringed thy law; all that might tend to make me pleasing to

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thy divine majesty I have employed so as to render myself guilty; thoughts, words, actions—all that is mine or comes from me—I ought to refer to thy glory, since I am only placed in this world to love and obey thee. I have failed in submitting to the duties of obedience, and faithless to those of love, and to my shame I acknowledge it. I do not seek to excuse myself; it is my fault; it is through my own fault that I have sinned; and my pride is humbled. Yes, O Lord, thy inspirations, thy assistance, thy graces, have never been wanting; thou hast given me an upright heart, and imprinted in my soul a love of religion and justice; but I have abused them. My faults have been numerous, and I have displeased thee. And how dare I venture to present myself at that precious feast at which angels assist?—I who have sinned even in the holy sanctuary wherein the mercy of God has placed me.

Holy Virgin, who wast the temple of the Word made flesh! illustrious precursor,

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angel of the desert, who didst prepare the way of the Lord! ye faithful disciples, who received him with so much faith in this mysterious supper, unite thy prayers with mine, intercede for me. You will be heard, and the anger of God will be turned aside from me.

At the Kyrie Eleison.

Earnestly beg pardon of God.

O Lord, if thou closely observest all my iniquities I cannot exist in thy sight, how presume on an intimate union with thee. Ah, my God, I am nothing but a vile mixture of error, weakness, and infirmity; and if thou dost not look on me with the eyes of compassion, I shall be crushed by a single glance of thy justice.

O Lord, have mercy on me; the happy days of propitiation are not over; those of wrath and vengeance are delayed. I may yet invoke thy name, and call thee my Father, my Spouse, and those titles are sweet to my soul. I kneel in a temple in which

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I perceive only marks of thy condescending love; before an altar on which thou descendest only to pour forth thy graces. I implore thy mercy, then, hoping that it will be granted to me. Yes, I will have confidence, and approach this throne of mercy, exclaiming from the bottom of my heart, Lord, have mercy on me; my divine Spouse, pardon me; dispel my darkness, so that, treated like the children of light, I may share in the mysterious feast to which thy goodness calls me.

Gloria in Excelsis.

Render your homage to Jesus, who is about to take possession of your soul.

I unite my praises to those of the heavenly spirits when they exclaim, Glory to God in the highest, and peace on earth, to men good will. O Lord, under the veils of thy love dost thou not willingly appear on our altars and then in our hearts? What a glory for thy children! what peace

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for troubled souls! what a consolation for our afflicted hearts.

O God, whose justice is avenged by the perpetual sacrifice of so noble a victim, we praise thee, we bless thee, we adore thee, we love thee. As for myself, O Lord, at the sight of so much generosity on thy part, such majesty and such humiliation, I beseech thee to take a new birth in me, and to work in my heart, whom thou hast chosen to be thy servant, a prodigy of sanctity, that I may never cease to thank thee for the signal favour thou hast granted me, and increase each day this precious seed of grace and virtue, and suffer not, O Lord, that any of those whom thou hast led into retirement in order to communicate thyself to them more perfectly, should ever make a tepid or unworthy communion. Amen.

At the Epistle.

Desire to be instructed in the truths of salvation, resolving to conform your conduct thereto.

The code of thy law is announced to

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me, O Lord, by thy prophets and apostles before thou visitest me, instruct me by them, my God. "*Keep yourself in fervour of spirit, remembering that it is the Lord whom you serve,*" says St Paul, adding elsewhere, "*I have espoused you to that only spouse, who is Jesus Christ, in order to present you to him as a most pure virgin.*" I unite myself, O my God, to the faith, the hopes, the desires of the patriarchs, the prophets, and all those who have believed and hoped in thee. I believe on the testimony of thy Church, that thou didst thyself inspire all the books of the Old Testament. Give me the grace, O Lord, always to have a great veneration for thy Holy Scriptures, never to profane its words, nor alter the sense, or subject the interpretation of them to my own particular fancy. I am a child of the Church, and in this character I desire to love and observe thy law.

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At the Gospel.

Desire to attain full perfection of the evangelical precepts.

Suffer me to hear thy voice, O Lord; thou art the beloved of my soul. Thou hast the words of eternal life. Oh, let them shed both sweetness and peace over the hearts which belong to thee. Speak to me, O Lord; I am thy servant, thy child, thy spouse. What wouldst thou have me to do? Can I refuse anything to thee, my God, who lovest me so tenderly, and who, in giving thyself to me, sufferest me to expect everything from thy hands?

I tremble, my God, at the warnings, and am touched by the promises thou hast thyself held out in thy holy gospel, for they are emanations of thy divine wisdom, and its maxims so opposed to those of the world, so contrary to the vicious inclinations of a corrupt nature. I wish to adopt, embrace, and practise, because in following them I shall please thee, O Jesus, the God of my

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heart, whom I am about to receive. Hasten, O Lord, to imprint in me these heavenly truths, for they carry with them the weight of thy authority, the light of thy wisdom. Let this light lead my steps in the paths of all justice. O holy laws! sublime and salutary maxims! alas, I have a thousand times abandoned thee; but the God of truth, in uniting himself to me, will grant me the grace to comprehend, and strength to practise thee.

Credo.

Make your profession of faith.

O my God, I believe all that thou teachest by thy Church, to whom thou hast promised infallibility. I believe all the articles of the Creed, for thou canst neither deceive nor be deceived. I believe that thou renewest in the sacrament of thy love the mysteries which thou revealest in thy holy gospel. I behold thee on the altar as taking upon thee a new birth, enveloped in the corporal, scarce known save by heavenly

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spirits, and the humble of heart. I see thee in thy hidden life, beholding thee forgotten, abandoned daily, as thou wert forsaken on the cross; here thou art, as in thy burial, enclosed in the tabernacle as in the tomb, renewing, too, the mysteries of thy resurrection. Thou dost nourish us with thine own glorious body, delivering us from the dominion of death. O my God, why should I envy the happiness of those who beheld thee during thy mortal life; for the light of faith discovers to me on the altar all that the apostles saw, all that the ancient kings and prophets so ardently desired.

O my God, grant that I may ever live by faith; may I live in the faith of the Son of God, who has loved me, and who gives himself so frequently to me.

Offertory.

Present yourself to God, begging of him to effect an entire change in your heart.

O Jesus, thou art all powerful, and it is

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this power which, through the words of thy Priest, changes bread into thy body, and wine into thy precious blood. O my good God, do thou work a like change in me, that no longer of this world as I have hitherto been, I may become truly spiritual; that I may seek after and relish only the things of God; that grace, virtue, and heaven may be in my eyes the only true and solid goods; that, animated with thy sentiments, O my Jesus, I may be transformed into thee, that thou mayst dwell in me, and in all those who participate with me in the blessings of thy love. Almighty God, receive my heart. I unite it to the sacrifice thou makest of thyself. I place it in thy hands; transform and consecrate it. Say only one word, and it shall be entirely changed for the future, following only the sweet impulse of thy grace, which shall make it love virtue. With this offering of my heart, O my God, I consecrate to thee my mind, that it may know thee; my body to be employed in thy service; my whole

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self, that so I may one day find myself absorbed in thee.

Lavabo.

Beg of God to purify your heart.

Thou dost abhor sin, my God; how great a purity, then, is necessary in order to approach thee. Why cannot I have the purity of the angels, or of Mary the most holy of virgins, in order to present myself at thy sacred table? Inflame my heart, O God, with the bitter tears of a penitent love; purify me in thy blood, O my loving Redeemer; and purify also all those who are consecrated to thee, in order to serve and praise thee always in the shade of thy sanctuary. To each of us mayst thou say, "*This is my beloved in whom there is no stain.*"

At the Preface.

Consider attentively, and reflect on the great mystery about to take place.

May the Lord be with me! Jesus will

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shortly visit me. Let him be from this moment and for ever in this poor heart of mine! Thy minister bids me forget this earth in order to raise my heart towards heaven; and I behold in spirit, O my God, the angels and saints who adore, contemplate, and love thee, making it their delight to be with thee. Ah, Lord! I am not worthy to raise my voice with the canticles of thy saints; but thou hast permitted me; and beseeching them to second my feeble efforts, I mingle my praises with theirs, saying to thee with confidence, reverence, and love, Holy, holy, holy, Lord God of hosts, heaven resounds with thy praise, the earth is filled with thy glory. Blessed be Jesus Christ, who comes in the name of the Lord upon this altar; from this altar he will come to me and incorporate himself with me. Let every creature bless him without ceasing, and receive from his goodness the plenitude of the divine mercy.

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At the Canon of the Mass.

Animate yourself with a holy zeal for the sanctification of souls.

O my God, increase my devotion, and grant that it may be more fervent than ever at the moment when I am about to receive thee. Graciously hear my prayers. What canst thou refuse to that precious blood of which a single drop is sufficient to save a thousand worlds? O my Redeemer, who art the Saviour of the world, I offer up my prayers to thee for all. Bless thy holy Church, to which thou hast brought me by the grace of baptism, (and that of my religious profession;) open to me its precious treasures this day, by giving me thy body and thy precious blood. Do thou send down thy blessing on our holy Father and thy prelates, especially the Bishop who governs this diocese; and also on thy priests, infusing the spirit of zeal in those whom thou hast called to the holy ministry; maintain in them the purity of

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the faith, and render me docile to their instructions. Protect the whole world, especially my own country; grant special graces to those whom thou hast charged with the government of others, and favourably regard thy faithful who assist at thy holy sacrifice; support the weak, comfort the poor, convert sinners, enlighten the blind, and lead back the impenitent. O my God, do thou remember those souls whom thou hast created in thy image, and who have been redeemed by the precious blood of my Saviour. Preserve us all from eternal damnation; save us by thy mercy. [*If a religious,*] "I pray to thee unceasingly for all; but O my God, thou hast loved *us* with a special love. Thou hast placed us in this holy asylum consecrated to thee; we are the spouses of thy Son; his precious body the food wherewith we are so often nourished. Oh, be thou mindful of us; grant that we may become so pure as to be of the number of those virgins who follow the Lamb, who

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will eternally follow him, for ever occupied in adoring him, and singing in his honour a canticle of love."

At the Elevation.

Enliven your faith, adore your Lord truly present, and beg of him to apply to you the merits of his blood.

Thou concealest thyself, O my Saviour, so that we may not be dazzled by the brilliancy of thy glory, veiling thy adorable presence under the appearances of bread and wine, a few words having worked so great a miracle. O Jesus, thou art the King of the whole world, the supreme Ruler of the universe, though hidden beneath these humble elements. I adore thee, humbly prostrate before thee who hast created me. Thou art my God and my Saviour; give thyself to me, and nourish my soul in order that it may live for ever.

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Continuation of the Canon.

Reflect on the happiness you are about to receive, and pray for the faithful departed.

O Majesty of my God, the altar is now the throne of thy glory; the heavens open, the angels surround thee with reverential love, they will make amends for my forgetfulness and indifference. And thou, O Lord, art yet solicitous for my salvation; thou offerest thyself to thy Father as a victim of propitiation for the sins of the living and the dead, and desirest to unite thyself to me. Thou invitest me to open my heart to thee. Oh, how can I have merited thy love? Alas! I have rendered myself unworthy of it by my sins. O my God, look upon thy beloved Son, and though thou seest in me only the image of sin, thou wilt find in him the most perfect sanctity. Thou wilt listen to the voice of his blood, and cure my sick and feeble soul. Grant, O my Saviour, that I may place no obstacle to thy designs

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over me; that others who shall receive thee may obtain the same grace, so that we may all be filled with the abundance of thy blessings. Be mindful, O Lord, of the souls of the faithful departed; they love thee, they are very dear to thee, and yet thou preventest them from enjoying the glory which awaits them, because they still have sins to expiate. May I by the communion I am about to make, and the merits of which I beseech thee to apply to them, hasten their deliverance. Mayst thou release them from their place of expiation, and place them immediately in refreshment, light, and peace, in the sojourn of happiness and glory.

At the Pater Noster.

Lay open your necessities with confidence to a God who is the most tender of fathers.

Our Father who reignest in heaven, come and reign in my soul, and sanctify it by thy presence; subject it to thy holy will, and render it docile to the inspiration of

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thy grace. Nourish it now with that mysterious bread which shall appease its hunger and sustain its strength. Extinguish in my heart every sentiment of hatred and revenge, and forgive me as I forgive. Give me wisdom to shun temptations, and strength to avoid them when they are inevitable; and deliver me from the evils which afflict me. O Lord, I hasten to thee as a child to its father, in order to be nourished; as a guilty servant to his master, to be reconciled; as a subject to his king, from whom he seeks protection; as one in affliction to his only resource, in order to be comforted.

At the "Agnus Dei."

Beg of God to endow you with innocence and peace.

Spotless victim, Lamb of God, who alone canst satisfy the justice of thy offended Father, vouchsafe to make me participate in the merits of thy sacrifice and thy infinite holiness. What lessons of humility, meekness, charity, and patience, dost thou

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not give me! Impress these virtues on my soul, so that it may be to thee a pleasant habitation, wherein thou mayst repose in peace.

At the Communion.

Humble yourself, and awaken in your heart sentiments of fear, hope, and love.

O Lord, how much am I afflicted when I consider thy greatness and my own nothingness, fearing I am unworthy of the favour thou grantest me. I humble myself in thy presence, and place my trust in thee. Inspire me, my God, with love and fervour, that I may be fit to approach worthily to so holy and fearful a mystery. Say but one word to my soul, and since thou wouldst unite thyself to me, prepare me for so great an honour.

At the Last Gospel.

Make an act of love and desire.

O Word made flesh! hidden and annihilated in order to give thyself to me;

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thou who art the life and light of the world, manifest to me thy grandeur and beauty; let me be penetrated and filled with confidence, gratitude, and love; for to receive this holy sacrament is to receive thee, my God. How deeply should I be penetrated by so great an action! What a happiness and glory! for those who receive thee become the children of God. O Jesus, I am lost in the depth of thine ineffable mysteries, the immense ocean of thy mercies; and bind myself to thee by the bonds of love, the only way in which I can make a return for thy benefits.

After receiving.

At this precious moment, when you possess your God corporeally within you, make renewed acts of faith. Speak with a loving confidence to your divine Lord of the great affair of your salvation, which he thinks of more than yourself, and remember that the best thanksgiving you can make is, to do nothing, to desire nothing, to live only for Jesus.

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Act of Adoration.

Adorable Majesty of God ! before whom all that is great in heaven and on earth is unworthy to appear, what can I do better in thy presence but silently to adore thee in the most profound annihilation of my soul ? I adore thee, O holy God ! I render my just homage to that supreme greatness before which every knee should bend, in comparison of which all power is but weakness, prosperity nothing but misery, and the most brilliant light profound darkness. To thee alone, great God, King of ages, immortal God, to thee alone belongs all honour and glory. Glory, honour, salvation, and benediction to him who comes in the name of the Lord. Blessed be the eternal Son of the Most High, who unites himself so intimately to me, and takes possession of my soul.

Act of Love.

I have then the happiness to possess

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thee, O God of love! Why cannot I worthily respond to so much goodness? Why am I not wholly thine, that I may love thee in proportion to thy infinite mercy? Inflame my soul, my God; burn and consume my heart with thy love. My beloved is mine, Jesus; my loving Lord gives himself to me. Angels of heaven, mother of my God, saints of heaven and earth, lend me your hearts, give me your love, that I may love Jesus worthily. O God of my heart, I love thee with all my soul, for the love of thyself, and with a firm resolution to love none but thee. But do thou, O my God, strengthen these holy resolutions in this heart, which now desires to be entirely thine.

Act of Thanksgiving.

How can I sufficiently thank thee, my God, for the favour thou hast done me this day? Not content with having loved me, even to die for me, O God of goodness, thou vouchsafest to come in person to

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honour me by giving thyself to me. O my soul, give praise to the Lord thy God. Acknowledge his goodness, exalt his magnificence, proclaim eternally his mercy. With a grateful heart I thank thee, O my Saviour, for the grace thou hast bestowed on me. I have been faithless, but let me not be ungrateful. May I always remember that thou hast given thyself to me, and testify throughout my life the infinite obligations I owe to thee, by giving myself wholly to thee.

Petition.

Thou art mine, O inexhaustible source of all good! Thou art full of tenderness for me; thy hands full of graces, and ready to diffuse them in my heart. O my God, infinitely good, liberal, and magnificent, shed them profusely over me; behold *my* necessities and *thy* power; work in me the change thou seest necessary; take from me all that is displeasing to thee; endow me with those virtues which shall render me pleasing in

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thy sight; purify my body; sanctify my soul; apply to me the merits of thy life and death; unite thyself to me, chaste Spouse of souls, that I may live by thee and for thee. Adorable Saviour, grant me the graces I stand in need of, and the same to all those for whom I ought to pray, to all whom I have disedified, and also to the Director to whom thou hast confided the care of my soul. My loving Saviour, canst thou refuse me anything after the grace thou hast given me this day, in giving me thyself?

Oblation.

My beloved is mine, and I am his. Yes, my God, it is done; thou art mine, and I give myself wholly to thee, without reserve. I am thine entirely and for ever. I offer thee my understanding, that it may be occupied only in meditating on thy greatness; my memory, that it may unceasingly recall thy benefits; my will, that henceforth it may be wholly conformed to thine. I consecrate to thee my sentiments, my

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actions, my inclinations. I offer thee my body and its senses, that they may be as so many victims devoted to thy will and service. I offer and consecrate to thee this day, my sweet Saviour, all that I have and am; accept the offering which I thy most guilty and ungrateful creature make thee, henceforth desiring to be more grateful and faithful in thy service.

O holy Virgin Mary, vouchsafe to intercede for me to the blessed Trinity; obtain for me the grace to be faithful to my promises for the remainder of my life.

Prayer for Perseverance.

O my God, most patient and generous of friends! what shall henceforth separate me from thee? I willingly renounce all that has hitherto tended to withdraw me from thee, and trust, with the assistance of thy grace, never again to fall into my past faults. O my God, let me never more yield to thoughts, desires, words, or actions, which may be in the slightest degree con-

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trary to modesty or charity. Let there be in me no more impatience, murmurings, or untruthfulness; no more omissions in my duties or tepidity in thy service; no more unholy friendships, or attachment to my own opinion and my own convenience; sensitiveness as to the contempt of the world, or yielding to human respect; no more love for the esteem and attention of others. Rather let me die, O my God, rather let me expire here before thee than ever displease thee. Thou hast taken possession of my heart, O my Jesus; I make these resolutions in thy presence, in order that thou mayst confirm them, and that they may be sealed by thy adorable sacrament which I have received, so that I may never violate them. Strengthen then, O Jesus, spouse of my soul, the desire I have to be only thine. Amen.

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NOVENA* TO THE SACRED HEART OF JESUS.

To be made before the first Friday of each Month.

GENERAL INTENTIONS.

As an act of reparation for impiety, neglect, the profanation of the sacraments, and the abuse of God's grace, let us pray for the propagation of the devotion to the sacred heart, in order to beg for a more perfect knowledge of our Lord Jesus Christ; for the Sovereign Pontiff and the Catholic Church; for the increase of faith, hope, and charity, to obtain the grace of a happy death.

Each person should specify some particular intention.

Consecration to the Sacred Heart of Jesus.

PRAYERS OF THE NOVENA

In union with the Sacred Heart of Jesus.

Profound adorations of the heart of Jesus, *I unite myself to thee.*

Ardent love of the heart of Jesus, *I unite myself to thee.*

Fervent zeal of the heart of Jesus, *I unite myself to thee.*

* This Novena must be commenced so as to end on the eve of the first Friday of the month. Make a spiritual communion if unable to make a sacramental communion,

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Reparations of the heart of Jesus,
Thanksgivings of the heart of Jesus,
Sure confidence of the heart of Jesus,
Ardent prayers of the heart of Jesus,
Eloquent silence of the heart of Jesus,
Humility of the heart of Jesus,
Obedience of the heart of Jesus,
Meekness and peace of the heart of Jesus,
Ineffable sweetness of the heart of Jesus,
Universal charity of the heart of Jesus,
Profound recollection of the heart of Jesus,
Tender solicitude of the heart of Jesus, for the conversion of sinners,
Intimate union of the heart of Jesus with the heavenly Father,
Intentions, desires, and wishes of the heart of Jesus,
May the heart of Jesus be everywhere loved.

I unite myself to thee.

[One hundred days' indulgence granted by Pope Pius IX.]

My Jesus, mercy, applicable to the dead.

Invocations to the Sacred Heart of Jesus.

Love of the heart of Jesus,
Inflame my heart.
Charity of the heart of Jesus,
Overwhelm my heart.

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adding thereto an act of reparation and intimate union of the heart of Jesus with the heavenly Father.

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Strength of the heart of Jesus,
Sustain my heart.
Mercy of the heart of Jesus,
Pardon my heart.
Patience of the heart of Jesus,
Forsake not my heart.
Reign of the heart of Jesus,
Establish thyself in my heart.
Wisdom of the heart of Jesus,
Teach my heart.
Will of the heart of Jesus,
Dispose of my heart.
Zeal of the heart of Jesus,
Absorb my heart.
Immaculate Virgin, pray for us to the heart of Jesus.

Adorable Trinity, we thank thee for all the graces with which thou hast loaded thy servant, the venerable Margaret Mary, and beg through her intercession for the favours we hope to obtain through this Novena.

Prayer of the Venerable Margaret Mary.

Eternal Father, suffer me to offer thee the heart of Jesus Christ, thy beloved Son, as he himself offered it in sacrifice to thee. Receive this offering for me, as well as all

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the desires, sentiments, affections, movements, and acts of this sacred heart. They are all mine since he offered himself for me, and henceforth I wish to have no other desires but his. Receive them in satisfaction for my sins, and in thanksgiving for all thy benefits. Grant me through his merits all the graces necessary for my salvation, especially that of final perseverance. Receive them as so many acts of love, adoration, and praise, which I offer to thy divine Majesty, since it is through the heart of Jesus that thou art worthily honoured and glorified. Amen.

NEW LITANY OF THE SACRED HEART.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Jesus, hear us: Jesus, graciously hear us.
God the Father of heaven, *Have mercy on us.*
God the Son, Redeemer of the world, *Have mercy on us.*
God the Holy Ghost, *Have mercy on us.*
Holy Trinity, one God, *Have mercy on us.*
Jesus, whose merciful heart is substantially united to thy divinity, *Have mercy on us.*

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Jesus, whose pure heart is the temple of the blessed Trinity,
Jesus, whose heart is the principle and centre of all perfect affections,
Jesus, the love of thy heart for us is so great that no man can ever comprehend it:
Jesus, the love of thy heart for us is so great that neither the angels or saints shall ever understand it:
Jesus, the love of thy heart for us is so great that thy blessed Mother, the Virgin Mary, shall never comprehend it:
Jesus, the love of thy heart extends itself even to the greatest sinners:
Jesus, the love of thy heart rejoices all the Church triumphant:
Jesus, the love of thy heart consoles and sustains all the Church militant:
Jesus, the love of thy heart comforts and delivers the Church suffering:
Jesus, the love of thy heart for us comprises all possible love:
Jesus, the love of thy heart for us is that of a true friend:
Jesus, the love of thy heart for us is that of the most generous benefactor:
Jesus, the love of thy heart for us is that of a brother and sister:
Jesus, the love of thy heart for us is that of a true spouse:
Jesus, the love of thy heart for us is that of the fondest of parents:

Have mercy on us.

Google

Jesus, the love of thy heart for us is that of a Creator and a Saviour: *Have mercy on us.*
Jesus, the love of thy heart for us infinitely surpasses all created love: *Have mercy on us.*
Heart of Jesus, plunged in a mortal sorrow in the garden of Olives, at the consideration of our ingratitude,
Heart of Jesus, pierced on the cross by a cruel lance,
Heart of Jesus, from whence issued the holy Church, thy Spouse, as Eve was taken from the side of the sleeping Adam,
Heart of Jesus, adored from the first by thy sorrowful mother,
Heart of Jesus, adored by the beloved disciple,
Heart of Jesus, adored by Magdalen,
Heart of Jesus, adored by those who laid thee in the sepulchre,
Heart of Jesus, adored by a multitude of heavenly spirits,
Heart of Jesus, adored by thy apostle Saint Thomas,
Heart of Jesus, adored by all thy apostles and disciples,
Heart of Jesus, triumphant and glorious at the right hand of thy eternal Father,
Heart of Jesus, adored by all the heavenly court,
Heart of Jesus, living and glorious, though concealed in the divine Eucharist,
Heart of Jesus, adored on our altars by all the true friends of God,

We adore thee.

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Heart of Jesus, despised and unworthily profaned in the holy Eucharist,
Heart of Jesus, cruelly outraged by the Jews, heretics, and bad Christians,
Heart of Jesus, ocean of goodness and abyss of mercy,
Heart of Jesus, impregnable fortress for all those who seek refuge in thee,
Heart of Jesus, inexhaustible source of all graces and blessings,
Heart of Jesus, more brilliant than the sun, more beautiful and perfect than all creatures,

We adore thee.

Jesus, by the sorrows of thy adorable heart, grant us the perfect contrition of our sins: *Graciously hear us.*
Jesus, by the wound and blood of thy divine heart, grant us grace to begin a holy life, and to persevere therein till death:
Jesus, by the ineffable joys of thy tender heart, comfort us in our trials:
Jesus, by the infinite love which inflamed thy heart, grant us an increasing love until death:
Jesus, grant that we may always dwell in thy infinitely loving heart:
Jesus, help us by thy power to conform our hearts to thine:
Jesus, unite our hearts to thine during life and in eternity:
Jesus, so strengthen the union of our hearts with thine, that we may be always ready

Graciously hear us.

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to lose and to suffer all things, rather than offend thee: *Graciously hear us.*

Jesus, inflame us with a holy zeal for thy glory, the triumph of thy Church, and the salvation of souls: *Graciously hear us.*

Jesus, give us a firm and prudent zeal for overcoming evil with good: *Graciously hear us.*

Lamb of God, who takest away the sins of the world, *Pardon us, O Jesus.*

Lamb of God, who takest away the sins of the world, *Hear us, O Jesus.*

Lamb of God, who takest away the sins of the world, *Have mercy on us, O Jesus.*

Jesus hear us: Jesus graciously hear us.

Prayer to the Sacred Heart, composed by St Alphonsus de Liguori.

O adorable heart of my Jesus, heart created expressly for the love of men! Ah, until now I have shown for thee only ingratitude! Pardon me, O my Jesus, heart of my Jesus, abyss of love and of mercy, how is it possible that I do not die of sorrow when I reflect on thy goodness to me and my ingratitude to thee? Thou, my Creator, after having created me, hast given thy blood and thy life for me; and, not con-

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tent with this, thou hast invented a means of offering thyself up every day for me in the holy Eucharist, exposing thyself to a thousand insults and outrages. Ah, Jesus, do thou wound my heart with a great contrition for my sins, and a lively love for thee. Through thy tears and thy blood, give me the grace of perseverance in thy fervent love until I breathe my last sigh. Amen.

Litanies of the Sacred Heart of Jesus for every day in the Week.

Monday.

Litany of the Sacred Heart of the Child Jesus.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Christ, hear us: Christ, graciously hear us.
God the Father of heaven, *Have mercy on us.*
God the Son, Redeemer of the world, *Have mercy on us.*
God the Holy Ghost, *Have mercy on us.*
Holy Trinity, one God, *Have mercy on us.*

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Heart of the Child Jesus,
Heart of Jesus, formed in the womb of the blessed Virgin Mary,
Heart of Jesus, reposing on the bosom of Mary,
Heart of Jesus, nourished with the milk of Mary,
Heart of Jesus, in whom thy Father was alone pleased,
Heart of Jesus, hypostatically united to the Son of God,
Heart of Jesus, wonderful work of the Holy Ghost,
Heart of Jesus, tabernacle of the blessed Trinity,
Heart of Jesus, furnace of love,
Heart of Jesus, throne of love,
Heart of Jesus, dwelling of love and justice,
Heart of Jesus, source of sweetness,
Heart of Jesus, powerful in weakness,
Heart of Jesus, miracle of obedience,
Heart of Jesus, abyss of humility,
Heart of Jesus, ocean of goodness,
Heart of Jesus, sweet centre of my heart,
Heart of Jesus, my sovereign felicity,
Heart of Jesus, which love has disarmed,
Heart of Jesus, treasure opened to us,
Heart of Jesus, source of benedictions,
Heart of Jesus, principle of sanctity,
Heart of Jesus, glorified by the angels,
Heart of Jesus, who didst summon the wise men from afar,

Have mercy on us.

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Heart of Jesus, the delight of heaven and earth, *Have mercy on us.*

Lamb of God, who takest away the sins of the world, *Spare us, O Lord.*

Lamb of God, who takest away the sins of the world, *Hear us, O Lord.*

Lamb of God, who takest away the sins of the world, *Have mercy on us.*

V. Create a clean heart in me, O God,

R. And renew a right spirit within me.

Let us pray.

Almighty God, who by the power of the Holy Ghost didst form the holy and immaculate heart of Jesus, who was born for us in the womb of the blessed Virgin, withdraw from our hearts all worldly inclinations, and make them clean in thy sight, that, serving thee on earth in purity of heart, we may deserve to enjoy the beauty of thy presence for all eternity.

Tuesday.

LITANY OF THE SACRED HEART OF JESUS CONVERSING AMONGST MEN.

Lord, have mercy on us.

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Christ, have mercy on us.
Lord, have mercy on us.
Christ, hear us; Christ, graciously hear us.
God the Father of heaven,
God the Son, Redeemer of the world,
God the Holy Ghost,
Holy Trinity, one God,
Heart of Jesus, conversing amongst men,
Heart of Jesus, submissive to Mary and Joseph,
Heart of Jesus, sent by the Father,
Heart of Jesus, led by the Holy Ghost,
Heart of Jesus, full of wisdom,
Heart of Jesus, full of grace and truth,
Heart of Jesus, invincible fortress,
Heart of Jesus, mighty in word and in works,
Heart of Jesus, inflamed with zeal for the glory of God,
Heart of Jesus, severely rebuking the deceitful,
Heart of Jesus, working miracles everywhere,
Heart of Jesus, infinite patience,
Heart of Jesus, refuge of the afflicted,
Heart of Jesus, always solicitous for sinners,
Heart of Jesus, comforter of the afflicted,
Heart of Jesus, immense charity,
Heart of Jesus, full of forbearance for thine enemies,
Heart of Jesus, most faithful to thy friends,
Heart of Jesus, conversing with the pure of heart,

Have mercy on us.

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Heart of Jesus, model of meekness and humility, *Have mercy on us.*

Heart of Jesus, example of all virtues, *Have mercy on us.*

Lamb of God, who takest away the sins of the world, *Spare us, O Lord.*

Lamb of God, who takest away the sins of the world, *Hear us, O Lord.*

Lamb of God, who takest away the sins of the world, *Have mercy upon us.*

V. Learn of me, for I am meek and humble of heart,

R. And ye shall find rest to your souls.

Let us pray.

Adorable Jesus! who dwelling on earth didst converse with men, with a meekness and humility capable of engaging the hearts of all, we beseech thee to increase in us those two sweet virtues which thou dost hold so dear, in order that, following thy example, conversing amongst our brethren with this humility, we may find the rest which thou promisest to the meek and humble of heart, who livest and reignest, &c.

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Wednesday.

LITANY OF THE SACRED HEART OF JESUS DWELLING IN SOLITUDE.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Jesus, hear us: Jesus, graciously hear us.
God the Father of heaven,
God the Son, the Redeemer of the world,
God, the Holy Ghost,
Holy Trinity, one God,
Heart of Jesus, solitary,
Heart of Jesus, enclosed in the womb of Mary,
Heart of Jesus, reposing in the bosom of the Father,
Heart of Jesus, lover of solitude,
Heart of Jesus, heaven of repose,
Heart of Jesus, always watching over thy elect.
Heart of Jesus, detached from the world,
Heart of Jesus, passing whole nights in prayer,
Heart of Jesus, absorbed in contemplation,
Heart of Jesus, adoring the Father in spirit and truth,
Heart of Jesus, raised above temptations,
Heart of Jesus, inflamed with love,
Heart of Jesus, mystical cell,

Have mercy on us.

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Heart of Jesus, delight of those in solitude,
Heart of Jesus, speaking to the solitary heart,
Heart of Jesus, rendering fruitful the hearts of those who live in retirement,
Heart of Jesus, revealing thy secrets to those living apart from the world,
Heart of Jesus, strength of the solitary,
Heart of Jesus, secure refuge of the solitary,
Heart of Jesus, sweet refreshment of the solitary,
Heart of Jesus, uniting thyself to the solitary heart,
Heart of Jesus, peacefully reigning in the solitary heart,
Lamb of God, who takest away the sins of the world, *Spare us, O Lord.*
Lamb of God, who takest away the sins of the world, *Hear us, O Lord.*
Lamb of God, who takest away the sins of the world, *Have mercy on us.*

Have mercy on us.

V. I will lead the soul into solitude,
R. And there I will speak to her heart.

Let us pray.

Adorable Saviour! who didst love solitude, we beseech thee inspire our hearts with the love of retirement, so that, withdrawn from the tumult of the world, we

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may hear the sweetness of thy voice in the silence of creatures, and faithfully correspond with the whisperings of the heart and inspirations of thy love, who livest and reignest, &c.

Thursday.

LITANY OF THE SACRED HEART OF JESUS IN THE BLESSED SACRAMENT.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Christ, hear us: Christ, graciously hear us.
God the Father of heaven,
God the Son, the Redeemer of the world,
God the Holy Ghost,
Holy Trinity, one God,
Heart of Jesus, annihilated in the blessed sacrament,
Heart of Jesus, inseparably united to that of Mary,
Heart of Jesus, resplendent Sun of the Church,
Heart of Jesus, abyss of all virtues,
Heart of Jesus, good Pastor, lavish of thyself,
Heart of Jesus, offered up again in sacrifice,
Heart of Jesus, sacred host,
Heart of Jesus, consumed for us,
Heart of Jesus, bond of charity,
Heart of Jesus, divine seal of our hearts,

Have mercy on us.

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Heart of Jesus, altar of love,
Heart of Jesus, refreshment of holy souls,
Heart of Jesus, adorable feast,
Heart of Jesus, admirable feast,
Heart of Jesus, desirable feast,
Heart of Jesus, delectable feast,
Heart of Jesus, spiritual sweetness tasted in its proper source.
Heart of Jesus, hidden manna,
Heart of Jesus, fountain of living water,
Heart of Jesus, abridgment of the wonders of God,
Heart of Jesus, consuming fire,
Heart of Jesus, source of light,
Heart of Jesus, source of joy,
Heart of Jesus, source of love,
Heart of Jesus, source of all grace,
Lamb of God, who takest away the sins of the world, sweet Jesus, *Spare us, O Lord.*
Lamb of God, who takest away the sins of the world, sweet Jesus, *Hear us, O Lord.*
Lamb of God, who takest away the sins of the world, sweet Jesus, *Have mercy on us.*

Have mercy on us.

V. The heart of Jesus finds its delight
R. Amongst the children of men.

Let us pray.

O Jesus, divine lover of mankind, who, in order to gain our hearts and transform them into thine, hast given us, by a mar-

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vellous invention of thy love, thine own heart to be our support; we beseech thee, through thy excessive charity, to grant us the grace to receive this sacred bread with such holy dispositions that we may be so happy to return our hearts for thine, and love for love, who livest and reignest, &c.

Friday.

LITANY OF THE SACRED HEART OF JESUS SUFFERING.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Jesus, hear us: Jesus, graciously hear us.
God the Father of heaven,
God the Son, Redeemer of the world,
God the Holy Ghost, author of all sanctity,
Holy Trinity, one God,
Heart of Jesus, suffering,
Heart of Jesus, sensible to the sorrows of Mary,
Heart of Jesus, the delight of the eternal Father,
Heart of Jesus, burning with love for the Cross,
Heart of Jesus, overwhelmed with bitterness,
Heart of Jesus, source of contrition,

Have mercy on us.

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Heart of Jesus, seized with fear in the garden,
Heart of Jesus, sad even unto death,
Heart of Jesus, betrayed by Judas,
Heart of Jesus, afflicted by the cowardice of the apostles,
Heart of Jesus, comforted by an angel,
Heart of Jesus, weakened even to agony,
Heart of Jesus, submissive to the will of thy Father,
Heart of Jesus, bound by thy love,
Heart of Jesus, suffering every kind of injustice,
Heart of Jesus, abandoned to the fury of man,
Heart of Jesus, torn by the scourges,
Heart of Jesus, pierced by thorns,
Heart of Jesus, pierced with nails,
Heart of Jesus, loaded with indignity,
Heart of Jesus, comfort of the afflicted,
Heart of Jesus, sweet charm of thy servants,
Heart of Jesus, centre of every sorrow,
Lamb of God, who takest away the sins of the world, *Spare us, O Lord.*
Lamb of God, who takest away the sins of the world, *Hear us, O Lord.*
Lamb of God, who takest away the sins of the world, *Have mercy on us.*

Have mercy on us.

V. If we have borne a part in the sufferings of Jesus Christ,

R. We shall have a share in his glory.

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Let us pray.

Adorable Saviour, whose sacred heart, full of sorrow and bitterness, has many times bewailed the guilty pleasures of men, we beseech thee, through the infinite merits of thy holy passion, that, making our hearts conformable to thine, we may despise the allurements of the world and the flesh in order to suffer with thee, and deserve through these sufferings to share in thy glory for ever and ever. Amen.

Saturday.

LITANY OF THE SACRED HEART OF JESUS DYING.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Jesus, hear us: Jesus, graciously hear us.
God the Father of heaven,
God the Son, Redeemer of the world,
God the Holy Ghost,
Holy Trinity, one God,
Heart of Jesus, dying,
Heart of Jesus, afflicted by the sadness of Mary,
Heart of Jesus, the image of the Father,

Have mercy on us.

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Heart of Jesus, obedient unto the death of the Cross,
Heart of Jesus, victim of expiation,
Heart of Jesus, freely sacrificed for us,
Heart of Jesus, breaking on the cross for us,
Heart of Jesus, wounded on the altar of the cross,
Heart of Jesus, speaking through a thousand wounds,
Heart of Jesus, crying by the voice of thy blood,
Heart of Jesus, disarming divine justice,
Heart of Jesus, praying for thy enemies,
Heart of Jesus, thirsting for our salvation,
Heart of Jesus, exhausted of blood,
Heart of Jesus, sighing of love for us,
Heart of Jesus, dying with love for us,
Heart of Jesus, finishing the work of our redemption,
Heart of Jesus, reconciling heaven with earth,
Heart of Jesus, paradise of crucified souls,
Heart of Jesus, hope of the dying,
Heart of Jesus, throne of mercy,
Lamb of God, who takest away the sins of the world, *Spare us, O Lord.*
Lamb of God, who takest away the sins of the world, *Hear us, O Lord.*
Lamb of God, who takest away the sins of the world, *Have mercy on us.*

Have mercy on us.

V. May my heart expire for love of thee,
R. Since thy heart died for love of me.

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Let us pray.

O Sovereign Redeemer of mankind, whose heart, raised on the altar of the cross, burned with the sacred fire of charity, vouchsafed to die for us, we beseech thee to inflame our hearts with the fire of the same charity, so that we may have the happiness to aspire only after thee during life, and breathe our last sighs for thee at the hour of death, who livest and reignest world without end. Amen.

Sunday.

LITANY OF THE SACRED HEART OF JESUS RISEN FROM THE DEAD.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Jesus, hear us: Jesus, graciously hear us.
God the Father of heaven,
God the Son, Redeemer of the world,
God the Holy Ghost,
Holy Trinity, one God,
Heart of Jesus, risen from the dead,
Heart of Jesus, the honour and glory of Mary,
Heart of Jesus, splendour of the Father,
Heart of Jesus, glorious and triumphant,

Have mercy on us.

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Heart of Jesus, exalted above all hearts,
Heart of Jesus, the glory of the blessed Trinity,
Heart of Jesus, placed at the right hand of thy Father,
Heart of Jesus, full of goodness,
Heart of Jesus, eternal light,
Heart of Jesus, friend chosen amongst thousands,
Heart of Jesus, calling back thy wandering sheep,
Heart of Jesus, caressing thy apostles,
Heart of Jesus, wounding the souls of the pure with love,
Heart of Jesus, visiting thy lovers,
Heart of Jesus, revealing thy secrets to the pure of heart,
Heart of Jesus, purifying the angels,
Heart of Jesus, sanctifying the archangels,
Heart of Jesus, confirming the thrones,
Heart of Jesus, governing the dominations,
Heart of Jesus, reigning over the principalities,
Heart of Jesus, commanding the powers,
Heart of Jesus, the strength of the virtues,
Heart of Jesus, enlightening the cherubim,
Heart of Jesus, inflaming the seraphim,
Heart of Jesus, the crown of all saints,
Lamb of God, who takest away the sins of the world, *Spare us, O Lord.*
Lamb of God, who takest away the sins of the world, *Hear us, O Lord.*

Have mercy on us.

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Lamb of God, who takest away the sins of the world, *Graciously hear us, O Lord.*

V. Thou art the God of my heart,

R. And my portion for all eternity.

Let us pray.

O glorious Redeemer, who art the glory and the happy centre of all hearts, who hast thyself said, that when thou shouldst be raised, thou wouldst draw all things to thyself; we beseech thee, vouchsafe to purify our hearts by the fire of thy divine love, drawing them to thee by the bonds of thy charity, so that they may be transformed into thee, and repose with thee for all eternity, who livest and reignest with God the Father, in the unity of the Holy Ghost, world without end. Amen.

Litany of the Precious Blood of the Sacred Heart of Jesus.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

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Jesus, hear us: Jesus, graciously hear us.
God the Father of heaven, *Have mercy on us.*
God the Son, Redeemer of the world, *Have mercy on us.*
God the Holy Ghost, *Have mercy on us.*
Holy Trinity, one God, *Have mercy on us.*
Jesus, who for love of us wast crucified, and didst shed all thy blood, *Have mercy on us.*
O precious blood, springing from the sacred heart of Jesus, *Flow upon us.*
Precious blood, vast sea of divine mercy, *Overwhelm us.*
Precious blood, most pure offering, *Reconcile us.*
Precious blood, pledge of immortality, *Give us joy.*
Precious blood, sweet refreshment of holy souls, *Comfort us.*
Precious blood, inexhaustible treasure, *Enrich us.*
Precious blood, furnace of love, *Inflame us.*
Precious blood, sweet delight of the faithful, *Charm us.*
Precious blood, fount of chastity, *Purify us.*
Precious blood, shed by the stroke of the lance which opened to us the heart of Jesus, *Enlighten us.*
Precious blood, the hope and refuge of sinners, *Answer for us.*
Precious blood, the seed of Christians, *Multiply us.*
Precious blood, admiration of the angels, *Exalt us.*
Precious blood, the love and the joy of the seraphim, *Inflame us.*
Precious blood, faith of the patriarchs, *Enlighten us.*
Precious blood, hope of the prophets, *Confirm us.*
Precious blood charity of the apostles, *Inflame us.*

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Precious blood, strength of martyrs, *Sustain us.*
Precious blood, reward of confessors, *Animate us.*
Precious blood, beauty of virgins, *Adorn us.*
Precious blood, delight of all the saints, *Strengthen us.*
Lamb of God, who takest away the sins of the world, *Spare us, O Lord.*
Lamb of God, who takest away the sins of the world, *Hear us, O Lord.*
Lamb of God, who takest away the sins of the world, *Have mercy upon us.*

Anthem.

The fountains of the vast abyss are poured forth abundantly from the heart of Jesus, and the gates thereof are opened to us.

V. Hasten, O thirsty soul,

R. And wash thyself seven times in this Jordan of blood.

Let us pray.

O Lord Jesus Christ, who hast vouchsafed to shed thy precious blood freely for us, make us speedily feel its admirable virtue, and salutary help, by its constant application to our souls, who livest and reignest, world without end. Amen.

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Aspirations which may be used when visiting the blessed Sacrament.

O Jesus, sold for thirty pieces of silver, I adore thee as my God.

O Jesus, fallen into an agony, I adore thee, &c.

O Jesus, betrayed by a kiss, I adore thee, &c.

Jesus, who didst become an object of scandal to thy disciples, and who wast abandoned by them, I adore thee, &c.

Jesus, bound and tied, I adore thee, &c.

Jesus, dragged before Caiaphas, I adore thee, &c.

Jesus, treated as a blasphemer, I adore thee, &c.

Jesus, judged worthy of death, I adore thee, &c.

Jesus, blindfolded and treated as a false prophet, I adore thee, &c.

Jesus, oppressed by blows, I adore thee, &c.

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Jesus, whose face was spat upon, I adore thee, &c.

Jesus, denied by thy apostle, I adore thee, &c.

Jesus, brought before Pilate, I adore thee, &c.

Jesus, treated as a seducer, I adore thee, &c.

Jesus, condemned by false witnesses, I adore thee, &c.

Jesus, interrogated as a criminal, I adore thee, &c.

Jesus, answering only by thy silence to all the calumnies brought against thee, I adore thee, &c.

Jesus, led before Herod, I adore thee, &c.

Jesus, despised by Herod and by all his court, I adore thee, &c.

Jesus, clothed by a white robe in sign of derision, I adore thee, &c.

Jesus, dragged before Pilate, I adore thee, &c.

Jesus, scourged at a pillar, I adore thee, &c.

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Jesus, crowned with thorns, I adore thee, &c.

Jesus, become like unto a leper, I adore thee, &c.

Jesus, covered with a purple mantle, with a reed in thy hands, I adore thee, &c.

Jesus, brought forth to be shown to the people, I adore thee, &c.

Jesus declared worthy of death by the people, who prefer Barabbas to thee, I adore thee, &c.

Jesus, condemned to the cross, I adore thee, &c.

Jesus, condemned to death by Pilate, I adore thee, &c.

Jesus, laden with thy cross, I adore thee, &c.

Jesus, bending beneath the weight of thy cross, I adore thee, &c.

Jesus, stripped of thy garments, I adore thee, &c.

Jesus, extended and nailed on the cross, I adore thee, &c.

Jesus, crucified between two thieves, I adore thee, &c.

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Jesus, the object of insulting mockery upon the cross, I adore thee, &c.

Jesus, forsaken on the cross by thy heavenly Father, I adore thee, &c.

Jesus, dead upon the cross, I adore thee, &c.

Aspirations to our Lord in the holy Eucharist.

Jesus, concealed beneath the veils of the sacrament, I adore thee as my God.

Jesus, destitute in thy sacrament of all appearance of power and majesty, I adore thee, &c.

Jesus, deprived in thy sacrament of all splendour, I adore thee, &c.

Jesus, divested of beauty in thy sacrament, I adore thee, &c.

Jesus, deprived of power in thy sacrament, I adore thee, &c.

Jesus, of whom in thy sacrament no semblance of thy divinity or humanity remains, I adore thee, &c.

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Jesus, humbled in thy sacrament, I adore thee, &c.

Jesus, bound and captive in thy sacrament, I adore thee, &c.

Jesus, silent in thy sacrament, I adore thee, &c.

Jesus, obedient in thy sacrament, I adore thee, &c.

Jesus, elevated in thy sacrament as a sign of contradiction, I adore thee, &c.

Jesus, unknown in thy sacrament, I adore thee, &c.

Jesus, universally forgotten and neglected in thy sacrament, I adore thee, &c.

Jesus, abandoned and solitary in thy sacrament, I adore thee, &c.

Jesus, meeting with indifference and ingratitude in thy sacrament, I adore thee, &c.

Jesus, blasphemed in thy sacrament, I adore thee, &c.

Jesus, repulsed in thy sacrament, I adore thee, &c.

Jesus, profaned in thy sacrament, I adore thee, &c.

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Jesus, treated in thy sacrament by the majority of mankind as if thou hadst neither greatness nor majesty, splendour, beauty, nor power, neither thy divinity nor thy humanity recognised, I adore thee, &c.

Aspirations to the Sacred Wounds of our Lord.

I adore thee, source of all mercy.
I adore thee, source of all pardon.
I adore thee, source of all hope.
I adore thee, source of all life.
I adore thee, source of all light.
I adore thee, source of all strength.
I adore thee, source of all love.
I adore thee, source of all consolation.

Prayer to our Lord Jesus Christ.

Heart of Jesus, be thou my heart.

Lord Jesus, I desire to adore thy Father with thy heart.

I desire to love thy Father with thy heart.

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I desire to thank thy Father with thy heart.

I desire to make reparation for the glory of thy Father, outraged by my sins, with thy heart.

I desire to adore, love, thank, and listen to thy divine spirit, with thy heart.

I desire to adore, love, and thank thee, aŝk pardon, pray, serve, and follow thee, with thine own heart.

I desire to love thee, and cause thy holy and immaculate Mother to be loved, with thine own heart.

I wish to love and serve souls with thy heart.

I wish to love poverty, chastity, obedience, mortification, humility, charity, meekness, and patience, with thy heart.

Heart of Jesus, be thou my heart.

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LITANY OF THE SUFFERING HEART OF JESUS.

Sacred heart of Jesus dying on the cross,	Save me.
Heart of my Creator,	Perfect me.
Heart of my Redeemer,	Answer for me.
Heart of my Father,	Govern me.
Heart of my Judge,	Pardon me.
Heart of my Advocate,	Plead for me.
Heart of my Master,	Teach me.
Heart of my Pastor,	Guard me.
Heart of my faithful Friend,	Repose in me.
Heart wounded for my love,	Receive me.
Sacred heart, retreat of afflicted souls,	Comfort me.

O sacred heart of Jesus, which hast been pleased to suffer for love of me a number of injuries and humiliations which I am not able to comprehend, imprint most powerfully in my heart an esteem and love thereof, and make me eternally desire to practise them.

Live, Jesus, in my heart, now and for all eternity.

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Prayer to the Sacred Heart.

Most sweet Jesus, who repulsest no one, but who dost welcome even the greatest sinners, provided they repent and sincerely return to thee, have pity, particularly on those who invoke thy holy name. Listen to the prayers of all who address thee in spirit and in truth; and grant that all the worshippers of thy sacred heart may find, agreeably to thy divine promises, light, joy, strength, peace, protection, and holy love for time and eternity. Amen.

Invocations to the Sacred Heart of Jesus.

Divine heart of Jesus, thou lovest me; grant that I also may love thee.

Divine heart of Jesus, thou always thinkest of me, grant that I may think of thee.

Divine heart of Jesus, thou givest thyself to me, grant that I may give myself to thee.

Divine heart of Jesus, possess my senses.

Divine heart of Jesus, possess my heart.

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Divine heart of Jesus, possess my imagination.

Divine heart of Jesus, possess my memory.

Divine heart of Jesus, grant that I may seek thee alone in all things.

Grant that I may find thee in all things.

Grant that I may confide in thee for all things.

Grant that I may please thee in all things.

O divine heart of Jesus, mayst thou reign in all hearts.

Sweet heart of Mary, be my safeguard. Amen.

Act of Zeal.

Through the heart of Jesus, my way, truth, and life, I approach thee, O eternal Father. I adore thee for those who adore thee not. I love thee for those who love thee not. I acknowledge thee for all who are wilfully blind; who, through contempt, do not acknowledge thee. I wish through this divine heart to satisfy for the duties of all mankind. In spirit I go throughout the world to seek for

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souls redeemed by the precious blood of my divine Lord, in order to make reparation for all through this divine heart. I embrace them in order to present them to thee through him, and through him I beg the grace of their conversion. Ah, eternal Father, wouldst thou suffer them not to know Jesus, and not live for him who died for them? Thou seest, O heavenly Father, that as yet they do not live. Ah, make them live in this divine heart. Thou knowest, O Incarnate Word, Jesus my beloved, all that I desire to say to thy divine Father through thy divine heart and holy soul, for thou art in thy Father and he is in thee. Grant, then, my request. In union with thee I present these souls to him. Grant that they may be one with thee. Amen.

Invocations to the Sacred Heart of Jesus, in order to obtain the cure of one who is sick.

Heart of Jesus, ocean of goodness and

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inexhaustible source of mercy, vouchsafe to hear our prayers for N———.

Heart of Jesus, whose delight is to be with the children of men, vouchsafe to, &c.

Heart of Jesus, our consolation in our trials, our remedy in our distresses, and our comfort in our miseries, vouchsafe, &c.

Heart of Jesus, infinitely good, sweet, and compassionate, vouchsafe, &c.

Heart of Jesus, which, moved with a tender compassion, didst work a miracle at the marriage feast of Cana, comfort and cure thy servant N———.

Heart of Jesus, touched and softened by the cries of the Canaanitish woman, and who didst restore health to her daughter, grant us the cure of N———.

Heart of Jesus, who, with divine affection and goodness, didst say, in speaking of Lazarus, "Our friend Lazarus is sick," comfort and cure, &c.

Heart of Jesus, who didst weep with Martha and Mary at the grave of their

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brother, and who didst call him back to life, comfort, &c.

Heart of Jesus, which did feel such great compassion on seeing the son of the widow of Naim borne to the grave, and who didst raise him from the dead, comfort, &c.

Heart of Jesus, which, with an admirable clemency, didst give back life to the youthful daughter of the high priest of the synagogue, comfort, &c.

Heart of Jesus, which, with a fatherly tenderness, didst feed five thousand men in the desert, lest they should faint in the road, console, &c.

Heart of Jesus, who, to show forth thy power and thy goodness, didst restore thousands of the sick and infirm to health, console, &c.

Heart of Jesus, to which all power has been given in heaven and on earth, console, &c.

Heart of Jesus, which lovest not to punish but to pardon, and deliverest us so willingly from the evils which oppress us, conso l, &c.

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Heart of Jesus, O best and most indulgent of all hearts, console and cure, &c.

In memory of thy agony in the garden of Olives, hear us, O divine heart.

In memory of the wound thou didst receive upon the cross, through love for us, hear us, O divine heart.

In remembrance of all thy goodness and mercy, hear us, O divine heart.

Let us pray.

O sacred heart of Jesus, we beseech thee not to deny us the favour we so earnestly beg of thee. We will not leave thee, O divine heart, till thou hast said, *I will be thy salvation;* until thou hast said, *I will* (let him or her) *be made whole.* Ah! couldst thou abandon us to sorrow, thou who dost always bless? Couldst thou repulse us, thou who art so willingly softened?

Heart of Mary, compassionate heart of our tender Mother, speak to Jesus on our behalf; beseech of our merciful Lord to grant us the cure of this, his servant, which we

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solicit so earnestly. O heart of Mary, help us! O heart of Jesus, hear us! Amen.

Rosary in honour of the Sacred Heart of Jesus.

This rosary is in honour of the thirty-three years of our Lord, and is composed of thirty-three beads, which, divided into five parts, represent the five wounds of our Lord.

On the cross say Pater, Noster, and Credo.

On the small beads—

O Jesus! meek and humble of heart, render my heart like unto thine.

On the large beads—

I adore and love thee, O divine heart of Jesus. Enkindle in my heart the divine fire with which thou thyself art inflamed.

Let us pray.

O good and loving Jesus, who art the consolation, the strength, and hope of those who invoke thy holy name, and who seek a refuge in thy saving wounds, be to me a Jesus in life, and at the hour of my death.

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Nine Elevations of the Soul to the Sacred Heart of Jesus.

Heart of Jesus, perfect adorer of God, teach me to adore thy heavenly Father with thee and by thee.

Heart of Jesus, inflamed with love for me, inflame me with thy divine love.

Heart of Jesus, victim alone worthy of God, unite me to thy divine sacrifice.

Heart of Jesus, overwhelmed with bitterness for the sins of men, break my heart with sorrow for my sins.

Heart of Jesus, infinitely humble, annihilate my pride.

Heart of Jesus, perfect model of meekness, inspire me with that salutary virtue.

Heart of Jesus, infinitely pure and spotless, give me an inviolable purity of body, mind, and heart.

Heart of Jesus, full of zeal for the glory of thy heavenly Father, animate my heart with an ardent zeal for thy glory and my own sanctification.

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Heart of Jesus, reign for ever in my heart, and grant me grace to reign one day with thee in heaven.

Hour of Adoration of the Sacred Heart.

PRAYER.

What a happiness is mine, O my Saviour, to hold communion with thee, to thank thee for the immense love of thy heart for mankind, to offer thee some reparation for the outrages unceasingly committed against thee; but, sinner as I am, how can I worthily acquit myself of so holy a duty? O Jesus, unite my prayers to thine, offer to thy heavenly Father the holy dispositions of thy divine heart, in order to supply for my deficiencies. Holy Virgin, lead me to the heart of thy divine Son, that sanctuary of grace and virtue. I unite myself to the homage rendered him by thy immaculate heart. Ye blessed spirits, who humbly prostrate before that adorable heart, I unite myself to thy profound adorations; communicate to me thy love and thy recollec-

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tion; present to him my prayers; and, ye saints of heaven, just ones of the earth, come and let us adore together the heart of our Redeemer.

Place yourself in the presence of God, make an act of faith, and say with the prodigal son—

My Father, I have sinned against heaven and in thy sight. I am no longer worthy to be called thy child. Make me as one of thy hired servants. I desire nothing more.

Place yourself in spirit near the heart of Jesus, at the foot of the throne of mercy; approach with confidence, listen to the loving words our Lord addresses to you, and pray to him with earnestness and devotion.

Jesus Christ. Open to me thy heart, my spouse, my beloved.

The Disciple. O my God, is it to me that thou dost address these words? My soul is but an abyss of misery, and thou callest me thy beloved; I presumed not to raise my eyes towards thy heart so pure and holy, and as soon as I present myself to thee, thou dost lavish on me thy most

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signal favours. What a glory and happiness for me, my God, to be noticed by thee ; to know that thou disdainest not a creature so guilty as myself. Ah, since thou sufferest me in thy presence, since thou even commandest me to open to thee my heart, I obey. Depart from thence, all earthly thoughts, leave me to converse with my God, that from his heart I may draw forth true love.

Jesus Christ. Thou hast wounded my heart, my beloved; thou hast wounded my heart.

The Disciple. O God, how can it be that thy love should have made thee take a heart like unto mine? Ah, thou hast taken this heart in order that thou mayst feel all my miseries; but what a prodigy of love to have assumed this heart only to allow it to be pierced in favour of one so ungrateful! Thou hast allowed it to be pierced on the cross in the face of the whole world, so that none should be ignorant of the excess of thy tenderness. Thou bearest in heaven this

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glorious wound. The opening in thy heart shall never be closed up; it shall always bear the triumphant mark of thy love. O divine heart, wound this heart of mine, inflict so deep a wound that it shall open entirely to thee; pierce it with the same lance with which thine own was pierced, so that the waters of a sincere repentance may flow from thence. Alas! this heart has wounded thee a thousand times more by its ingratitude, infidelity, and obduracy. I have pierced it by my offences. O my Saviour, pardon me, banish sin from my heart, making thy holy love reign there in its place.

Jesus Christ. My beloved, let there be no division, give me entire possession of thy heart.

The Disciple. O Lord, how dost thou abase thyself, disdaining not to ask for the heart of one who has not blushed to refuse it to thee, in order to resign it up to sin? What tenderness on thy part! But, O my God, what has this heart become which

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thou demandest of me? Alas! it is sullied with a thousand stains. How canst thou endure it, thou who art sanctity itself? Ah, my God, how much that is wrong is there in this heart, what love of self-attachment to my own thoughts and will, what worldly inclinations, distaste for heaven, tepidity in thy service, and solicitude for this perishing body! However, since thou deignest to demand it, I offer it thee. O Jesus, the only object of my love, receive me now in thy sacred heart, so that I may be all thine; cast me in that ardent furnace, in order that I may be wholly consumed in thy love. There, my sweet Saviour, I shall know the value of the blood which has redeemed me, and shall comprehend how I ought to love thee. O love of my Saviour, thou art that living water for which I thirst; my heart tends only towards thee. Open to me thy loving heart. My heart is thine for eternity; bestow upon me thine, O Jesus.

Jesus Christ. Yes, my beloved, I give

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thee my heart; set it as a seal upon thine own, study its sentiments, copy faithfully its virtues.

The Disciple. O my soul, receive this heart burning with love, respond to its adorable designs over thee, endeavour to make them thine own.

Adorable Jesus, my heart was formed to be thy habitation, thy throne, thy altar, thy tabernacle. Enter, O divine Saviour, into this habitation, and purify it from all that is unworthy of thee. Command it as a sovereign upon his throne, and give me the docility necessary to obey thee. Receive upon this altar the sacrifice I make thee of my heart, and dwell as a God of majesty and holiness in that living tabernacle which thou hast chosen for thyself.

O my soul, regard attentively thy divine model, see him raised upon the mount, nailed to the cross; behold his bleeding hands, those eyes dim, the mouth livid, those pierced hands and feet. Content thyself not with the exterior; look in spirit

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at his heart; it has been opened by the lance in order that thou mayest pass therein. Imitate his love, meekness, humility, and charity. Then cast down thine eyes on the ground around Calvary; it is watered with his blood. At the sight of that blood understand that love shows itself more by actions than by words.

Thou desirest, O my Saviour, that I should place thee as a seal upon my heart, by the imitation of thy virtues and thy example. I ardently wish to do so. Give me grace to execute what thou commandest. O Jesus, thy heart is pure, let mine be pure; thine is humble, let mine be humble; thine is patient and docile, let mine be patient and docile; thy heart is all love, let mine also be inflamed with thy love. Ah! henceforth, O my Saviour, I wish only to have in my heart what thou hast in thine, humility, patience, gentleness, meekness, charity. No more to bestow my heart on creatures, but to give it all to thee. Alas! it has not always been devoted to thy service.

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Through thy grace, O my God, it is now all thine, and I hope it will ever remain so.

Jesus Christ. Love is strong as death; its lamps are lamps of fire, which the greatest waters cannot extinguish.

The Disciple. Thy love for me, O my Saviour, is more powerful than hell, since it has broken its gates, in order to deliver me and open to me those of heaven. It is stronger than death, since thou hast disarmed it in order to give me life. O wondrous strength of love! All invincible as thou art, my God, it disarms thee; it stays thy arm raised to strike the sinner, it saves him from thy avenging justice, in order to give him to thy infinite mercy. I acknowledge that it is through love for us that thy supreme majesty is humbled even to vouchsafe to unite itself to our nature, and it is through the strength of this same love that the creature can ascend unto thee, and enjoy the privilege of entering into thy sacred heart.

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Behold, my soul, how Jesus hath loved thee! Behold the humiliations and sufferings, the thorns, the nails, the cross, and the effusion of his blood! these are the proofs of his love. The flames of this love are so ardent, that all the waters of our iniquities cannot extinguish them. But O, my soul, where are the marks of thy love for Jesus? What hast thou done for him? Where are thy victories over thy evil inclinations? Where the labours thou hast undertaken, the sufferings thou hast endured for his glory?

Alas! my God, my zeal is weak, my love is languishing. Thy interests are more than ever abandoned. Thy enemies increase daily. Have I ever fought in defence of thy cause?

Jesus Christ. O my beloved, is there any sorrow like unto mine? How much have I done for my children, and how have they rebelled against me? I have carried them in my heart, and they have lacerated, outraged, and forsaken it. The sorrows of

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death have encompassed me, and the perils of hell are unchained against me.

The Disciple. O my Lord and my God! sorrow seizes on my soul, affliction and sadness press on my heart, at the sight of thy grief. Prostrate, annihilated before thy adorable heart, I make reparation to thee before heaven and earth. Pardon, divine Jesus, all the outrages which were committed during the course of thy mortal life; pardon the impieties, the irreverences, the sacrileges which have been committed against thee in the sacrament of thy love; pardon especially the sorrows which I have caused to thy divine heart by my irreverence in thy holy temples, by my tepid communions, made without due preparation, and by the abuse which I have made of thy graces, and of thy precious blood. Ah! why cannot I by my repentance and my adoration restore thee the glory of which so many offences have deprived thee? Why cannot I by my words and my example lead back so many hearts

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which have withdrawn themselves from thee? Why cannot I by my prayers and tears cause a cessation to so many scandals, and draw unto thee worshippers in spirit and in truth?

Jesus Christ. I suffer on the part of Jews, pagans, and heretics. They have contemned me, but that those who ought to be devoted to me should regard me with indifference, and treat me with such neglect, pierces my heart with sorrow.

The Disciple. Ah, my sweet Saviour, can I think of this, and not die with sorrow? Heavenly spirits, angels of peace, weep bitterly for the indignities with which our Lord is visited; weep over our ingratitude to a heart which has loved us so much. Divine Jesus, thou hast come into this world in order to seek and to save mankind; and those ungrateful ones fly from thee and abandon thee. Thou loadest them with benefits, and they abuse them; they turn them against the Giver, and against themselves. Thou art always in

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the midst of them, and they seem to be ignorant of thy presence, or only to know thee in order to offer thee some new outrage. Thou openest to them thy heart, and they enter therein only to pierce it with a thousand arrows. Alas! my loving Saviour, am I not myself one of these ungrateful souls? Ah, what sorrow have I not occasioned to thy sacred heart? I, thy beloved one! Why does not thy outraged heart close itself so as to forget and reject us? Why does not thy avenging arm raise itself against thy guilty servants, in order to exterminate them? Shouldst thou not at least deprive us of thy loving presence, forsake our temples so frequently profaned, and remain in heaven, where the angels and saints for ever sing thy praises? Alas, O Lord, remain thou still in the midst of us: what would become of us if thou didst abandon the earth? Thy Father, beholding no longer the only object of his complacency, would visit us with his avenging justice. How, then, could we escape his wrath?

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Heart of Jesus, avenge thyself as befits the God of mercy. Do thou pardon and convert our souls to thee.

Jesus Christ. I have promised to remain in the midst of you, until the consummation of the world; but in the sorrow which afflicts me have I not a right to expect to meet with some who will compassionate my sufferings? Nevertheless, I am left alone in my sorrow.

The Disciple. My beloved Saviour, thou shalt no longer be forsaken; I will make it a duty to visit and adore thee. O heart of Jesus, always burning with love for us, always ready to show mercy, pardon me my guilty forgetfulness of thee; pardon me my unfaithfulness in thy service, my want of zeal in making thee known and loved; let my heart cease to be, if it is to be again insensible to thee. Heart of Jesus, I consecrate to thee the remainder of my life. I wish that all creatures had hearts of seraphims in order to love thee; that every mouth should sing thy praises; that every

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mind should be occupied only with thy greatness. I unite my praises to those which thou receivest from all the angels and saints, and just souls on earth. I wish that all who love and adore thee were multiplied, and would freely sacrifice all that I possess, my life itself, if necessary, in order to prevent a single offence against thee.

Jesus Christ. My beloved, I accept thy desires; ask my Father in my name, and all that you desire he will grant you.

The Disciple. O Jesus, my only hope, make me faithful to the devotion I have vowed to thy adorable heart. Signalise thy mercy by allowing me to regain, by the ardour of my love, the time which has been passed in thy service with so much tepidity. I desire to make reparation, by continual praise, for the ingratitude of mankind, and to give thee every moment fresh proofs of my love.

Thy love for me keeps thy heart always open, so that I may dwell there for ever.

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Let love lead me and for ever fix my dwelling-place therein, and receive my last sigh.

I beg the same grace, O my God, for all for whom I am particularly bound to pray. May those who have the happiness to belong to the association of thy divine heart, spread throughout the whole world, have a special share in thy mercy. Grant, O Lord, that this confraternity may extend and perpetuate itself in all time and in every place, that it may honour thee by the practice of every virtue, and an indefatigable zeal for the conversion of souls.

And since my merciful God wearies not of listening to me, I will still continue to speak to him; I, who am only dust and ashes. God of my heart, lend an ear to my voice; love those who love thee not; open thy heart to those who do not knock at the gate; and vouchsafe to cure those who, far from asking thee to heal them, take a pleasure in adding fresh venom to their wounds. Thou hast said, my Saviour, that thou didst come upon the earth in

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order to seek sinners. O my Jesus, these, then, are truly sinners. Ah! do not consider our ingratitude, our blindness; remember only the blood which thou hast shed for our salvation. Make manifest thy mercy; regard us as the work of thy hands. Save us by thy mercy, our evils are extreme. Arise, O Lord, behold the progress made by thine enemies; stay them, O my Jesus. Since they will not go to thee, go thyself to them. I beseech of thee to grant this grace through thy sacred wounds, and by thy precious blood.

O my Saviour, put an end to my sins and those of all mankind. Let thy voice make itself heard, and restore life to so many hardened sinners. Call them from the deep abyss into which they have fallen. Lazarus asked thee not to raise him from the dead. Thou didst work this miracle in behalf of a sinner. O Lord, look also on me; I beseech thee to hear my prayer. I ask it through the tears thou didst shed over the grave of Lazarus; remember that

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thy tears have flowed for all sinners who sleep in sin; through thy precious blood I ask it, for thou hast pardoned those who shed it; pardon us, O Saviour of the world.

O Jesus! make thy Church triumph over all her enemies, increase the number of her children, give peace unto her, and grant that she may ever bless thy holy name and revere thy sacred heart. O merciful Redeemer, have pity also on the souls in purgatory; be touched by their sufferings; they are the price of thy blood; open to them thy heart, listen to their lamentations, and grant them, with release from their sufferings, the happiness of glorifying thee in heaven.

Remember, also, O merciful Jesus, in a special manner, those souls who when on earth devoted themselves to thy sacred heart, and were zealous for the glory of thy blessed Mother. Suffer them not to be deprived longer of thy presence, for they are very dear to thee; and through this

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same merciful heart I beseech thee to put them in possession of eternal happiness.

Prayer after the Hour of Adoration.

Pardon me, my God, the distractions into which I have fallen during this hour. Alas! mayst thou not reproach me as thou didst thy three disciples with not being able to watch *one hour* with thee.

One hour with thee, O loving heart of Jesus, has appeared to me too long. Ah, should it not be my delight to be *ever* with thee? O heart ever full of love, why has mine been so cold, so languishing in thy presence? Pardon me, O Lord, for I desire to breathe only for thee, to make my whole life a perpetual adoration of thy sacred heart. Amen.

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OFFICE OF THE SACRED HEART.

Matins.

Our Father, &c. ; Hail, Mary, &c.

V. Open my lips, O Lord,

R. And my mouth shall declare thy praise.

V. O God, come to my aid.

R. O Lord, make haste to help me.

Glory be to the Father, &c.

From all eternity the heart of Jesus hath loved us ; come, let us adore it.

Hymn.

Sweet Jesus, may thy sacred heart
My hope and refuge be :
There may I learn the heavenly art
Of living but for thee.

This fountain of thy sacred heart,
The source of love most pure ;
To those who dwell from sin apart
Affords a refuge sure.

Anthem.

Come to me, all you who labour and

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are heavy burthened, and I will refresh. Take up my yoke and learn of me, for I am meek and humble of heart.

V. I will make an everlasting covenant with my people.

R. I will unceasingly load them with blessings.

V. Lord, hear my prayer,

R. And let my cry come unto you.

Prayer.

Grant, O my Jesus, that in honouring thy sacred heart, we may learn to practise meekness and humility, obtain the peace thou hast promised, and find rest to our souls. We beg of thee this grace, who livest and reignest with the Father and the Holy Ghost, world without end. Amen.

V. Lord, hear my prayer,

R. And let my cry ascend to thy divine heart.

V. Let us bless the Lord.

R. Thanks be to God.

May the souls of the faithful departed

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through the mercy of God rest in peace. Amen.

Lauds.

V. O God, come, &c. R. Lord, &c., Glory, &c., as above.

Thy Heart with heavenly love's pure glow
Cleanseth our sins away.
Sweet Lord, thy gifts thou dost bestow
Upon us day by day.

Alas! how cold we are to thee,
Though to thy Heart so dear;
From thy kind gifts how oft we flee,
Nor heed thy loving care.

Anthem.

Our Lord, in the excess of his love and mercy, has redeemed us by the ignominious death of the cross.

V. Taste and see how sweet is the Lord.

R. Happy those who bear his yoke from their early infancy.

V. Lord, hear, &c. Prayer—Grant, O Jesus, as at Matins.

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Prime.

V. O God, come, &c. R. Lord, make haste, &c. ; Glory, &c., as above.

Within that sacred heart's pure shrine
To the Most High doth plead,
Ever for us, the Word divine,
In all our earthly need.

And day by day the Lamb is slain ;
Leaving his realms above,
He on our altars doth remain
The victim of his love.

Anthem.

My delight is to be with the children of men. Happy those who keep my commandments.

V. How good and merciful is the heart of Jesus !

R. How sweet it is to us to love and celebrate his mercies.

V. Lord, hear, &c. Prayer—Grant, O Jesus, &c.

Tierce.

V. O God, come, &c. R. Lord, make haste, &c. ; Glory, &c.

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The lance that pierced our Saviour's side
Reveal'd a source of grace.
Oh then rejoice! for that pure tide
Can all thy sins efface.

God calls us to his mercy's fount;
Sweetly our love he claims,
Nor speaks, as on Sinai's mount,
In thunder and in flames.

V. Jesus having loved his own,
R. He loved them unto the end.
V. Lord, hear, &c. Prayer—Grant, O Jesus, as at Matins.

Sext.

V. O God, come, &c. R. Lord, make haste, &c.; Glory, &c.

O heart of every grace the source,
Of all God's gifts the best;
Unto the sinner strength and force,
Refreshment, hope, and rest.

Sinner, arise! Ah, how canst thou
So cold and tepid be?
Justice gives place to mercy now,
When Jesus pleads for thee.

Anthem.

I have planted thee for my most beauti-

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ful vineyard, and thou hast proved very bitter to me.

V. I have watched over my chosen ones, I have loaded them with blessings,

R. And they have despised me.

V. Lord, hear, &c. Prayer—Grant, O Jesus, as at Matins.

None.

V. O God, come, &c. R. Lord, make haste, &c.; Glory, &c.

Wisdom divine doth ever dwell
Within thy sacred heart;
The waters, then, of that pure well,
Sweet Lord, to us impart.

Great Fount of truth, our souls inspire;
Each erring thought reclaim.
Sweet source of mercy, with thy fire
Do thou our hearts inflame.

Anthem.

Those who seek me shall find me. If any one love me, I will love him, and will manifest myself to him.

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V. O my soul, bless the Lord,

R. And never forget the graces with which he has filled thee.

V. Lord, hear, &c. Prayer—Grant, O Jesus, as at Matins.

Vespers.

V. O God, come, &c. R. Lord, make haste, &c. ; Glory, &c.

O sacred Heart, sweet source from whence
A stream of life e'er flows ;
The weary soul may draw from thence
Refreshment and repose.

Here may we find a spot secure
From sin and vain alarm.
Here may we taste for evermore
Thy love's consoling balm.

Anthem.

You shall draw waters with joy from the fountains of the Saviour. Sing hymns to the Lord, because he has shown forth his greatness. Proclaim his magnificence throughout the world.

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V. You who are my disciples, will you also abandon me?

R. Lord, to whom shall we go? Thou hast the words of eternal life.

V. Lord, hear, &c., with the prayer, Grant, O Jesus.

Complin.

V. Convert us, O God, our Saviour,

R. And turn away thy anger from us.

O Heart of Jesus, may we feel
Thy pure consuming fire;
Kindle in us thy ardent zeal,
Be thou our soul's desire.

Absorb, dear Lord, our hearts in thine,
Let us with thee remain;
Nor ever may our souls incline
To earth's vain joys again.

Anthem.

I live, now not I, but Christ liveth in me. He has loved me, and delivered himself to death for me.

V. Come to me, all you who love me,

R. And I will enrich you with my blessings.

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V. Lord, hear, &c. Prayer—Grant, O Jesus, &c., as at Matins.

An Invitation; or, The Devout Soul's Repair to the Sacred Heart.

"Come to me all you who labour and are heavy burthened, and I will refresh you."

The faithful adorers of Jesus are invited to repair in spirit twice in the day to his divine heart, in order to render him their praise either by weeping over their sins, exciting themselves to the love of God, or adoring him for those who do not adore him; singing the divine praises in the adorable heart of Jesus, or uniting themselves to the Blessed Virgin and St Joseph, the first and principal worshippers of this divine heart; praying for those faithless souls who, after having experienced so many proofs of the love of this divine heart by the grace of their election, oblige him by their ingratitude to reject them. The zeal testified in disarming his justice is pleasing to him, because these souls are dear to him as the apple of his eye, and if he punishes it is with sorrow. Finally, let all the associates unite in praying for one another, for which end the following acts may be used.

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O Jesus, infinite goodness, open to us thy divine heart, let us regard it as the centre of our happiness, and suffer not that sin should ever separate us from thee.

Great God, who hast given us thy Son, not to afflict his heart by our ingratitude, but to lead us to his love, inspire all those who are in authority in thy Church with a tender zeal for this devotion. O Almighty God, cast thy eyes upon us; look upon us through the heart of thy Son; and if irritated against us, thou wilt remember thy mercy and forget thy anger.

O sacred heart of Jesus, O my life, my light, grant that I may know only thee, that I may live only for thee, in thee, and by thee. Amen.

Guard of Honour of the Adorable Heart of Jesus.

Patrons.

The Blessed Virgin, under the title of

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Our Lady of the Sacred Heart, St Joseph, St Francis of Assissium, St Francis of Sales, Venerable Margaret Mary.

"My heart hath expected reproach and misery, and I looked for one that would grieve with me, but there was none, and for one that would comfort me, and I found none."

Object of the Association.

In response to this sorrowful complaint of our Lord, the guard of honour has been organised, the members who compose it, by their devotedness and love, striving to console the heart of Jesus, overwhelmed with grief at the forgetfulness and ingratitude of those for whom he suffered so much, whom he loved so ardently, and by whom he is so little loved.

Like faithful loving children of our Lord they will strive to console him for the ingratitude of their brethren, and, succeeding each other by turns, before their Saviour Jesus, they offer to this most tender heart reverence, love, devotedness, and consolation.

The associates each choose one hour in

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the day, and at the beginning of their hour of guard, without changing their ordinary occupation, they station themselves in spirit at the throne of love, the tabernacle, offering to Jesus all their thoughts, words, actions, and sufferings, and, above all, their desire to console his heart by their fidelity and love. During the course of the hour they will think of our Lord, make an act of love, and offer up some little sacrifice for him. But this is not obligatory, the associates being free to follow the impulse of their heart and of their piety in the way in which they may sanctify this holy hour; and the heart of Jesus will doubtless heap grace upon grace, blessing upon blessing, on those faithful souls who duly fulfil this mission of devotion and of love.

Offering of the Hour of Guard.

Dearest Jesus, my sweetest Saviour, I offer thee this holy hour of guard, during which, in union with [here name the patrons of your hour], I desire to love and to glorify

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thee, and, above all, to console thy adorable heart for the forgetfulness and ingratitude of mankind. Accept, I beseech thee, for this end, all my thoughts, words, actions, and sufferings; above all, receive my heart, which I give thee without reserve, entreating thee to consume it in the fire of thy pure love.

May the sacred heart of Jesus be everywhere loved.

O my Jesus, I desire to love thee through this hour for all those hearts who love thee not.

Patrons for the various hours of the above Devotion.

1. St Joseph and all the saints.
2. All just souls upon earth.
3. With the seraphim.
4. With the cherubim.
5. With the thrones.
6. With the dominations.
7. With the virtues.
8. With the powers.

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9. With the principalities.
10. With the archangels.
11. With the angels.
12. In union with the blessed Virgin.

Thirty Days Prayer to St Joseph.

Ever blessed and glorious St Joseph, kind and indulgent father, and compassionate friend of all in sorrow, through that bitter grief with which thy heart was saturated when thou didst behold the sufferings of the infant Saviour, and in prophetic view didst contemplate his most ignominious passion and death, take pity, I beseech thee, on my poverty and necessities, counsel me in my doubts, and console me in all my anxieties. Thou art the good father and protector of orphans, the advocate of the defenceless, the patron of those who are in need and desolation. Do not, then, disregard the petition of thy poor child. My sins have drawn down upon me the just

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displeasure of my God, and hence I am surrounded with sorrows. To thee, O amiable guardian of the poor neglected family of Nazareth, do I fly for shelter and protection. Listen, then, I entreat of thee, with a father's solicitude to the earnest prayer of thy poor suppliant, and obtain for me the object of thy petition. I ask it by that infinite mercy of the eternal Son of God, which induced him to assume our nature, and to be born into this world of sorrow. I ask it by that grief which filled thy heart, when, ignorant of the mystery wrought in thy immaculate spouse, thou didst fear that thou shouldst be separated from her. I ask it by that weariness, solicitude, and suffering which thou didst endure when thou soughtest in vain at the inns of Bethlehem a shelter for the sacred Virgin, and a birth-place for the infant God; and when, being everywhere refused, thou wast obliged to consent that the Queen of Heaven should give birth to the world's Redeemer in a wretched stable. I ask it by that most sad

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and painful duty imposed on thee when, the Divine Child being eight days old, thou wast obliged to inflict a wound on his tender body, and thus be the first to cause that sacred blood to flow, which was to wash away the sins of the world. I ask it by the sweetness and power of that most sacred name Jesus, which thou didst confer on the adorable infant. I ask it by that mortal anguish inflicted on thee by the prophecy of holy Simeon, which declared the child Jesus and his holy mother the future victims of their love and of our sins. I ask it through that sorrow and anguish which filled thy soul, when the angel declared to thee that the life of the Child Jesus was sought by his enemies, from whose impious designs thou wast obliged to fly with him and his blessed mother into Egypt. I ask it by the pains, fatigues, and toils of that long and perilous pilgrimage. I ask it by all the sorrows thou didst endure, when in Egypt thou wast not able, even by the sweat of thy brow, to procure food and

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clothing for thy most poor family. I ask it by all the grief thou didst feel each time the Divine Child asked for a morsel of bread, and thou hadst it not to give him. I ask it by all thy solicitude to preserve the sacred Child and the immaculate Mary during thy second journey, when thou wast ordered to return to thy native country. I ask it by thy peaceful dwelling in Nazareth, in which so many joys and sorrows were mingled. I ask it by thy extreme affliction, in being three days deprived of the company of the adorable Child. I ask it by thy joy at finding him in the temple, and by the ineffable consolation imparted to thee in the cottage of Nazareth by the company and society of the Child Jesus. I ask it through that wonderful condescension by which he subjected himself to thy will. I ask it through that dolorous view continually in thy mind, of all that Jesus was to suffer. I ask it by that painful contemplation which made thee foresee that the divine little hands and feet, now

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so active in serving thee, were one day to be pierced with cruel nails; that the head, which rested gently on thy bosom, would be crowned with sharp thorns; that the delicate body, which thou didst tenderly fold in thy mantle and press to thy heart, would be stripped and extended on a cross. I ask it through that heroic sacrifice of thy will and best affections, by which thou didst offer up to the eternal Father the last awful moment when the Man-God was to expire for our salvation. I ask it by that perfect love and conformity with which thou didst receive the divine order to depart from this life and from the company of Jesus and Mary. I ask it by that exceeding great joy which filled thy soul when the Redeemer of the world, triumphant over death and hell, entered into the possession of his kingdom, and conducted thee also into it with special honours. I ask it through Mary's glorious assumption, and through that interminable bliss, which with her thou wilt eternally derive from the presence of God.

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O good Father, I beseech thee, by all thy sufferings, sorrows, and joys, to hear me, and to obtain the grant of my earnest petitions. [*Here name, or reflect on them.*] Obtain for all those who have asked my prayers all that is useful to them in the designs of God. And finally, my dear protector, be thou with me and all who are dear to me in our last moments, that we may eternally chant the praises of Jesus, Mary, and Joseph.

LITANY OF ST JOSEPH, OUR PROTECTOR.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Jesus, hear us: Jesus, graciously hear us.
God the Father, Creator of the world, *Have mercy on us.*
God the Son, Redeemer of mankind, *Have mercy on us.*
God the Holy Ghost, *Have mercy on us.*
Holy Trinity, one God, *Have mercy on us.*
Holy Mary, immaculate virgin, *Pray for us.*
Holy mother of God, *Pray for us.*
Holy virgin of virgins, *Pray for us.*
St Joseph, virgin spouse of a virgin mother, *Protect us.*

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Protector of the infant Jesus,
Protector of Mary, thy chaste spouse,
Protector of St Teresa,
Protector of virgins,
Protector of those devoted to thy service,
Protector of all faithful Christians,
Protector of the afflicted,
Protector of humble and penitent sinners,
Protector of the Catholic Church,
Who wert the protector of Jesus yet unborn,
Who wert the protector of Jesus in the stable of Bethlehem,
Who wert the protector of Jesus, delivering him from the tyranny of Herod,
Who wert the protector of Jesus Christ, assisting him in his necessities, and providing him with food,
Who wert the protector of Mary, thy spouse, and her most faithful companion,
Who wert the protector and guardian of the virginity of Mary,
Protector of all thy devout clients,
Our good father, patron, and protector,
Our spiritual protector,
Our guardian protector,
Our providential protector,

St Joseph, *Protect us.*

O Lamb of God, who takest away the sins of the world, *Spare us for the love of him who carried and fed thee.*

O Lamb of God, who takest away the sins of the world, *Hear us for the love of him who clothed and lodged thee,*

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O Lamb of God, who takest away the sins of the world, *Have mercy on us for the love of him who protected and guarded thee from the cruelty of Herod.*

Pray for us, St Joseph our protector, *That we may be made worthy of the promises of Christ.*

Let us pray.

O God, who by thine ineffable providence hast chosen St Joseph to be the spouse of the ever-blessed Virgin, grant us grace to have him for our intercessor in heaven, whom we honour upon earth as our faithful advocate and protector, who livest and reignest world without end. Amen.

O good St Joseph, protect us, protect the holy Church.

[Fifty days' indulgence.]

"O St Joseph, chaste spouse of the immaculate Virgin, pray for us who have recourse to thee."

"Jesus, Mary, Joseph, I give you my heart, my mind, and my life; Jesus, Mary, Joseph, assist me in my last agony; Jesus,

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Mary, Joseph, may I repose in peace in your holy company."

[Three hundred days' indulgence.]

SEVEN DAYS' DEVOTION TO THE SACRED HEART, OR MEDITATIONS ON THE SEVEN WORDS OF OUR LORD.

Prayer.

O divine heart of Jesus, I desire to be thy faithful disciple. Yes; I will strive, with the help of thy grace, to meditate on the treasures of love hidden in those adorable words, which the heart of Mary carried away from Calvary as a precious inheritance, and which our Holy Mother the Church carefully preserves in the holy gospel.

But the inconstancy of my mind continually banishes the recollection with which I ought to pray. O my God, thou knowest

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my weakness, my tepidity, my frailty. I can do nothing without thee. O Mary, thou didst treasure in thy heart, and didst meditate on the words of Jesus, in order to keep in thee the flames of divine love, obtain for me, I beseech thee, a share in thy spirit of prayer. Amen.

SUNDAY.

First Meditation on the Heart of Jesus.

"Father, forgive them, for they know not what they do."

O prayer dictated by the heart of Jesus himself! O abyss of goodness! Before thinking of his mother, his friends, himself, the first words Jesus utters on the cross are for his executioners, his accusers, his iniquitous judges, for a people who blasphemed him. His first care is for those who most need it, but who deserve it the least.

Each word is a character of fire which pierced the heart of his father. Jesus complains not of their ingratitude, their cruelty,

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their malice. He excuses and extenuates their sin.

Father, forgive them. They are thy children, thy creatures. Thou wouldst not condemn the work of thy hands. Look upon thy Son; listen to the voice of his blood, which asks mercy for his brethren. I beseech thee, by the tenderness of that sweet name of Father, by the obedience I have rendered thee, the thorny crown which surrounds my head, the nails which pierce my hands and feet, the blood which flows from my body. *Father, forgive them,* because I forgive them, I, whom they have injured. Visit me with death, torments the cross,—all is the same to me, provided thou dost forgive those who cause my death. Behold how this heart of Jesus has loved mankind!

The heart of Jesus is the same on the altar as on the cross. His love has not changed. He still loves those who love him so little. He loves those who love him not, who hate, blaspheme, and insult

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him. For us he shows to his Father the wounds, the marks of which he still preserves; for us Jesus still says, *Father, forgive them, for they know not what they do.*

Sin is a mixture of malice and ignorance. Our Redeemer, when he prays for us, seeks to excuse us; on the altar, as on Calvary, Jesus is a victim, a mediator, and not a judge; he excuses the malice of sin, and speaks only of its ignorance. O Lord, how blind am I when I consent to sin; not comprehending all the evil I do myself, and the punishment I deserve. Yet my ignorance is not wholly voluntary. Make me comprehend what sin is, and give me such a horror of it that I may never commit it again.

If this beloved Son prayed to his Father for those who crucified him, what will he not do for those who wish to serve him? Can we fail in confidence when we have so powerful an intercessor with God? O my Jesus, how infinitely worthy of love art thou! Oh that I had a thousand lives,

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in order to consecrate them to thy service, in acknowledgment of so generous a love.

Jesus is our *Model* as well as our Redeemer. His prayer is an example in support of the lessons which he had given during his life. This good Master here practises what he had taught upon the mount. *You have heard it said, Love your neighbour, and hate your enemy; but I say to you, Love your enemies; do good to those who hate you, and pray for those who persecute and calumniate you: that you may be the children of your Father in heaven, who makes his sun to rise on the just and the unjust. If you only love those who love you, what shall be your reward? do not the heathens as much?*

Such is the teaching of the heart of Jesus. It is impossible to love him truly, if we do not practise this great lesson. How many times have I not closed my heart to his teaching? But what heart can fail to be softened by these words, however

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little it may reflect, *Father, forgive them, for they know not what they do.*

Do you find it difficult to pardon a serious injury, a sharp word, an unfortunate suit, a spiteful satire? Look upon the heart of Jesus praying for you whilst you offend him. If he had revenged himself on *you*, what would have become of you? Where would you now be?

You answer that a great injury has been done you, that you cannot thus abandon your interests. Behold the injury which *He* receives! Compare what he suffers with what you endure; compare his words with yours, *Father, forgive them*, &c.

He excuses his executioners; you are full of reproaches against those of whom you believe you have reason to complain. He weeps over their misery; you make their trials a subject of gratification. He died in order to save them; you will render them no service, nor even salute them when you meet. Are you the child of this merciful heart?

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Act of Reparation.

Prostrate at thy feet, O my divine Master, I most humbly ask thy pardon for having followed so ill thy precept and thy example; I, who far from forgiving the slightest offence, have only sought to revenge myself by rendering injury for injury.

O faithful and generous heart of Jesus! thou forgettest our sins and the torments they have caused thee, in order to preserve thy guilty children. Pour forth over me, and all the souls consecrated to thy sacred heart, the waters of that mercy of which thou art the infinite source, renewing amongst us that union of the early Christians, who had but one heart and one soul.

Ah, Lord, thy words converted the soldiers of Calvary, will they make no impression on my heart? O Jesus, suffer not that this should ever be; but as thou didst so generously forgive thy enemies, grant that for the love of thee I may pardon those who have offended me, so that thou

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mayst forgive me my offences now, and at the hour of my death. Amen.

Consecration to the Heart of Jesus, Ocean of Goodness.

O heart of my good Master, this first lesson from thy cross fills my heart with the most entire confidence.

O Lord, thou didst say, *When I shall be raised from the earth, I will draw all things to myself.* I now comprehend the love by which thou hast gained the hearts of these children of men, in the midst of whom thou dost delight to dwell, hidden under such obscure veils. Heart of Jesus, ocean of goodness! whilst thou dost renew the sacrifice of Calvary in order to apply its merits to me, I give and consecrate myself entirely to thee. Too often have I renewed the ignominy of thy passion. Grant that I may participate in the spirit and effects of thy divine prayer, and commend me to thy heavenly Father, that, purified in thy precious blood, I may closely

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imitate thee; never preserving in my heart any emotion of hatred or revenge, so that I may say with confidence, *Father, forgive* ME *as I forgive.* Amen.

MONDAY.

Second Meditation on the Heart of Jesus.

"Amen: I say to you, This day thou shalt be with me in paradise."

Heart of Jesus, throne of mercy, to thee we may fly in our utmost necessities, when tried and forsaken! I come in spirit to assist at the sacrifice of Calvary, and meditate on that sentence to which thou didst give utterance. Oh, who shall fear approaching thee, divine Saviour, when thou hast made such a promise to the repentant thief? That humble penitent asked of thee only a simple remembrance, when thou shouldst come into thy kingdom; and it is thy kingdom itself which thou promisest. Who but Jesus could have made such a promise. He gives without delay. He promises and gives at the same time.

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He gives without reserve: *You shall be with me.* His kingdom, his eternal happiness, he delights to share with those whom he names his servants, his friends, his brethren. He gives cheerfully. *Amen: I say to you, This day you shall be with me in paradise.* Mistrust not my power. My cross is the key which will open heaven. Mistrust not my heart; should I be in this condition if I had not the wish to save you? Fear not thine own unworthiness; I am come to seek sinners; my glory is to change their hearts and convert them into saints. Our Lord said to the blessed Margaret Mary, "If men would but acknowledge my love, that which I have done for them would appear trifling to me." His heart is the throne of mercy, of inexhaustible goodness. He is still full of love for those guilty ones, also crucified by sin. From the depths of his sanctuary he regards them, calls them, awaits them, and is ready to pardon their ingratitude, at the first sigh of a contrite and humble heart.

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Oh, how good a God do we serve! Whence comes it, O Lord, that so few know and seek thee? Alas! on Calvary two thieves suffered with thee; both had the same Redeemer, the same example of patience before their eyes; for both thy blood flowed, but one alone profited by thy mercy.

Amongst those who surround thy altar suffer not that any should be found so unfortunate as to resist thy advances, and doubt in the mercy of thy adorable heart.

Not only to repentant sinners does the heart of Jesus address these words, *To-day thou shalt be with me in paradise.* When the soul is in a state of grace, it knows well that the kingdom of God is within itself. Jesus realises his promise: *If any love me, my Father will love him, and we will come to him, and take up our abode in him.* To be with Jesus is a paradise, even in this world. If Jesus be with us, no enemy can hurt us. He who lives without Jesus is miserably poor; but he who pos-

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sesses him is very rich. Be humble and peaceful, and Jesus will be with you; be fervent and gentle, and Jesus will dwell with you. You cannot be happy without loving and being loved; but if Jesus is not above all in your heart, you will be oppressed with chagrin and sadness. In practice I understand little what it is to love Jesus above all things. If I examine my heart, I find it full of the world and of self. Dissipation, frivolity, love of the world, vanity, sensuality, and caprice,—these are the springs which govern my actions from morning till night. O divine heart of Jesus, make thyself known and loved by thy poor servant! Teach me the simplicity which leads to thee alone by an upright intention; teach me the purity of heart which loves and tastes thee in all things. Ah, when thou art about to visit my soul in the holy communion, say to it in the early morning, *This day thou shalt be with me in paradise.*

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Act of Reparation.

My Lord and my God, victim of love in the adorable Eucharist, in which thou offerest thyself in sacrifice a thousand times each day, why cannot I offer thee as often the homage of my sorrow and regret for not having recognised thy love, responding to it only by indifference, forgetfulness, contempt, and ingratitude. Oh, was not the ignominy of Calvary sufficient? Must thou, even amongst thy children, meet with so much coldness and irreverence, slothfulness in thy service, resistance to thy grace, and inconstancy in good resolutions. O most loving heart, I beseech thee put an end to the reign of self-love in my soul. Come and make thy dwelling there, and I will listen to thy voice, and hear thee utter those sweet words, *If thou* wilt, thou shalt be with me in paradise. Amen.

Consecration to the Heart of Jesus, Throne of Mercy.

Heart infinitely merciful, I recommend

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to thee my person and my life, my actions, my prayers, my desires. I wish only to make use of my body and soul in thy service, to serve, honour, and glorify thee. Throne of mercy, in which divine justice embraces and pardons the sinner, I place all my trust in thee. Destroy in me whatever displeases thee; place therein those virtues which may render me pleasing to the Lord; imprint thy fear and love in my soul, so that I may never forget thee, nor deliberately separate myself from thee by sin; and let my name be written on and never effaced from thy heart, my loving Jesus. Amen.

TUESDAY.

Third Meditation on the Heart of Jesus.

"Woman, behold thy Son. Behold thy mother."

O tenderness of the heart of Jesus, which confided us to his holy Mother! The Lord Jesus in the midst of his torments omitted nothing which concerned his office as Saviour.

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He was solicitous for all his brethren, and procured them an asylum to which they might have recourse in all their necessities. Already he had given his Father to be ours, by the words, *Our Father, who art in heaven.* Now he gives us his Mother in order that we may be his brethren.

Let us appreciate such a prerogative, and comprehend also the mystery hidden under these words of the gospel, *The disciple whom Jesus loved.* St John is not distinguished by his own name, but by that which is common to all of us, for *we* are also disciples of Jesus, and disciples loved so dearly, that we may say with the great apostle, *He loved me, and delivered himself up for me.*

O tenderness of the heart of Jesus, which permits us to share his title of child of Mary! Oh, the greatness of the gift which Jesus makes us by this solemn bequeathal! He desires that we should have for Mary the filial love by which his own heart was filled, and that this most holy Mother

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should have for her children of Calvary the care and affection which she always had for Jesus.

Consider that the heart of Jesus addresses the like words to you when you have the happiness of hearing the holy mass : " Love my Mother ; she is thine. Confide in her powerful protection, rely on her tenderness." Yes, let us love Mary ; she will teach us to love Jesus as she loved him herself. Admirable school of the heart of Jesus ! henceforth let us love this sacred heart alone.

Examine yourself in presence of this adorable heart. What is your devotion for the blessed Virgin ? Does it not consist more in words, than in constancy in praying to her, and, above all, in imitating her ? Are you really the servant of the sacred heart of Jesus ? You bear the name of being so : then verify it by a truly Christian life. Study the sentiments of the heart of Jesus, in order to conform your own to them ; it is the spirit he would de-

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sire you to have, and without which it is impossible to preserve peace and union with your neighbour.

Act of Reparation.

O good and loving heart of Jesus, who hast given me thy holy Mother as the most precious pledge of thy tenderness, I beseech thee to pardon the indifference with which I have responded to thy love and to her watchful solicitude. How little grateful have I been, O Jesus, for this favour, the source of so many benefits to me! Vouchsafe, through thy infinite merits, to make amends for my weakness and misery. Thy heart shall be my treasure of gratitude which I will offer to our heavenly Father, to our blessed Mother, and to thyself, adorable Redeemer. Amen.

Consecration to the Heart of Jesus.

Heart infinitely loving and worthy of being loved, behold me, Lord Jesus, the child of thy divine heart, penetrated with

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gratitude for thy infinite love, renew to thee the homage of a consecration which I desire to repeat every instant of the day and night. O my Lord and Master! I consecrate to thee my mind, in order that thou mayst direct it according to the light of faith; my will, that it may be conformed to thy holy will; my heart and all its affections, that nothing may be found which may be displeasing in the sight of thy infinite purity when thou enterest therein in the holy communion. Mary, my tender Mother! I love and honour thee in the heart of Jesus through thine own immaculate heart. I desire to love thy divine Son now and for ever. Amen.

WEDNESDAY.

Fourth Meditation on the Heart of Jesus.

"My God, my God, why hast thou forsaken me."

O sad and touching complaint of the heart of Jesus to his Father! Jesus voluntarily took upon himself these sufferings. He endured them with an ardent love, an invin-

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cible patience, confidence, and boundless submission to the divine will. He knows that his sufferings approach their termination. Why, then, does he complain? Only to teach us the excess of his grief. His soul is sad even unto death. He makes known to us the only comfort of the afflicted. It is from God alone that we can receive so efficacious a succour. Finally, Jesus reveals to us that the cause of his sufferings does not proceed from himself but from us; and in the twenty-first Psalm the prophet declares the cause of this severe abandonment.

Let us listen to the complaint of the heart of Jesus to his children and to sinners. From the tabernacle in which the Divine Lord resides, from his altars on which he continually renews throughout the world the sacrifice of the cross, our Lord still complains of being forsaken. Alas! we hasten to worldly amusements, festivities, and enjoyments without heeding the loss of time; but when Jesus is concerned, that victim of love who is ever occupied in pleading for us with

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divine justice, some will be heard to complain of the obligations imposed on them by the Church, others think it a trouble to walk thither, or they carry with them a dissipated mind, a heart full of tepidity and distractions, whilst their whole demeanour is void of reverence. It is not his enemies alone who treat him thus; but that which afflicts him the most is, that those whose hearts are consecrated to him also neglect him. Children of the sacred heart, listen to this complaint which comes forth from the sanctuary, "*I have looked for one that would comfort me amongst my friends and my children, but their hearts are far from me, though with their lips they seem to honour me.*"

There is another lesson given us by Jesus in these mysterious words. His heart vouchsafed to suffer the bitterness of aridity and want of consolation, the necessary crucible in which souls must be purified. Oh, who can sound the depth of thy love, generous heart of Jesus! Thou could not cease to be united with thy Father, for thy will was

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always one with his, and as God, thou didst never cease to be *one* with him and the Holy Ghost.

Nevertheless thou didst vouchsafe to suffer interior trial without consolation, exterior suffering without alleviation; and this double abandonment happens to those souls whom thou wouldst render worthy of thy most intimate communications. In meditating on thy cross, they comprehend this truth, and exclaim, The more we suffer, the more God loves us!

Consider your own heart at the feet of our crucified Saviour. Do you not complain of the effort it costs you to discharge your daily duties, of the small consolation you find in the practice of virtue or the exercise of Christian piety? You desire to experience the species of fascination which leads you to satisfy your natural inclinations; and because the empire of grace is established in conflict with self-love, it seems to you as if your soul positively rebelled against the practice of virtue. Oh, it is at

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this very time that you most closely draw near to Jesus to pray with him. The better we suffer, the more we love God.

Act of Reparation.

O adorable Jesus, who hast devoted thyself for me to the rigours of eternal justice, suffer me to seek a refuge in thy sacred heart, in which I place all my hope and trust. O almighty and most just God, I present thee the passion, the wounds, merits, blood, and death of Jesus Christ. I place his sacred heart between thyself and me, for I have no other defence against thy judgment. Thou hast given me thy Son; he beholds my miseries, his heart feels them, his voice implores my deliverance. Grant me all that he asks in my behalf in time and eternity.

Consecration to the Agonising Heart of Jesus.

Place thyself as a seal upon my heart, O my divine Master, so that I may patiently

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suffer the trials thou mayst see fit to send me. Yes, my Jesus, I desire to consecrate myself to thy heart, agonising under the weight of divine justice and the burthen of my sins. Thou hast put aside thine own honour, thine own will; give me the courage to conquer myself, to triumph over my slothfulness and my sins; give me the strength to suffer, and the grace to love thee for ever. Amen.

THURSDAY.

Fifth Meditation on the Heart of Jesus.

"I thirst."

Oh, what a severe and physical thirst was this! The extreme anguish which Jesus had endured during ten hours, without one moment's rest, had enkindled in his breast a devouring fire. The blood which flowed from his wounds increased each moment this painful torture; nevertheless, Jesus endured it three long hours on the cross without complaining, and when he does complain, it is not to be comforted; but

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in order to suffer more by tasting the vinegar, and at the same time to accomplish the will of his Father, as expressed in the holy Scriptures, he contented himself with a single word, *Sitio.* In order to teach us to make our sufferings known with resignation and without impatience, thus did he expiate for our sensuality.

This thirst was also mysterious; it was the thirst of his soul devoured with love for his Father and for all mankind. Jesus had an ardent desire to accomplish the will of his Father. During his life he had said, "My meat is to do the will of him that sent me." Now he says that it is his thirst. "Blessed are those who hunger and thirst after justice." Another desire filled the heart of Jesus, it was to suffer for us! In the garden of Olives he had besought his Father to take away the chalice. On the cross he says that he still thirsts. "Still more, O Lord," exclaims later St Francis Xavier, who had understood the generosity of such a thirst.

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From his altar Jesus says the same to me. He thirsts for my love; thirsts for me, that I may have a zeal for others, in order that I may contribute to the salvation of souls as far as in my power. There is yet another thirst which Jesus has, which I can relieve; the poor are his members; in them he suffers both hunger and thirst. How few, when giving alms, behold him, by a lively faith, under the guise of poverty! But the adorer of the sacred heart should strive to imbue himself with the sentiments of Jesus, in order to conform his own to them.

What am I, O Lord, compared to what thou dost expect to find in me? Alas! I behold in my soul only tepidity in thy love; nay, an absolute void when there is question of loving thee. Egotism restrains me in the narrow circle of my personal interests; I exact much from others, whilst I cannot bear the slightest suffering without exaggerated complaint or murmuring at any involuntary annoyance which I

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may have to suffer; and in place of the virtues which thou requirest of me, I offer thee, with thy executioners of Calvary, only a bitter and unpleasant draught.

Act of Reparation.

Behold me, O Lord Jesus, prostrate with a lively faith before thy divine Majesty, to make reparation to thee for having been hitherto so ungrateful in thy service. There lives not one full of good will and affection for me, whom I do not love in return, and rejoice to visit, whilst I forget and abandon thee, O heart of Jesus, worthy of the adoration of men and angels. Heart, truly worthy to possess the hearts of all mankind, vouchsafe to change this heart of mine; purify and inflame it with thy love, that, becoming faithful and fervent, I may endeavour to practise virtue amongst those who bear like me the name of children of thy sacred heart. Amen.

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Consecration to the Heart of Jesus, Source of Living Waters.

Lord Jesus, thou hast said these sweet words, "If any one thirsts, let him come to me and drink." Thou art the fountain of living waters which flow for eternal life, and at the same time thou art that Saviour from whom I hear that mysterious complaint, "I thirst." Ah, loving Redeemer, thou thirsteth after this heart of mine; I beseech thee take it, and place it for evermore within thine own. Teach me the holy art of zeal and charity, in order to make thee known and loved by those with whom I have any influence. Let this living water, that is to say, that grace of which thy heart is the fruitful source, spring up in my understanding, in order to enlighten it, in my memory to purify it, my will to direct it, and my heart to sanctify and inflame it with thy love. Amen.

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FRIDAY.

Sixth Meditation on the Heart of Jesus.

"All is consummated."

Our Lord fully accomplished everything for which he came into the world. Jesus looked back upon his life, from his birth in the stable to the last scene on Calvary. He reflected on the various parts he had enacted as Mediator, Redeemer, Teacher, Lawgiver, High Priest, and Guide to Eternity, and found that he had accomplished everything, and done all with perfection. He has preached the evangelical truths, confirmed his doctrine by miracles, re-established the kingdom of God, destroyed the slavery of the devil, sanctified all the elect by one single sacrifice, and traced the model for every virtue. *All is consummated.*

Jesus reflected on the prophecies which announced the labours, humiliations, indignities, and sufferings which divine justice exacted in order to efface our crimes; and seeing that all was accomplished, without

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having failed in a single point, his soul was filled with joy at having satisfied his Father and saved mankind. *All is consummated.*

Our Lord reflected on all the good he had done to mankind during his life, and found that he had spared nothing in their favour, but that he had given them everything, his blood, his strength, his graces, his merits, his doctrine, all the moments of his life, and tenderness of his heart. *All is consummated.*

One glance over the future showed our divine Lord all the children of his Church until the end of the world. He beheld the treasures of his merits opened to all in the sacraments, the teaching of his doctrine perpetuated throughout all ages, by the authority of this holy Church; he beheld the zeal of the apostles, the courage of the martyrs, the purity of the virgins. The love of the heart of Jesus has omitted nothing. *All is consummated.*

Jesus has fully accomplished everything in my regard. What has not this good

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Master done for me? How many graces have I not received since that of baptism, besides the benefits in common with others of creation, redemption, and vocation to Christianity? How many special graces has he not granted me, by my birth of Christian parents, my religious education, even within the shade of the sanctuary and in the heart of Jesus? also by good example, wise and prudent direction, the reception of the sacraments, missions, and daily assistance at the holy sacrifice of the mass. Oh, what treasures have been opened to me, if I had but profited of them sufficiently! Even to my own soul may Jesus say from the altar, "*All is consummated. What could I do for my vineyard that I have not done?*"

What have I *myself* done to consummate the work of my salvation? What shall I render thee, O Lord, for so many benefits? On thy part all is consummated, but on mine everything yet remains to be done. I must concur in the work of my

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salvation, in order that the merits of my Saviour's passion may be applied to my soul, and earnestly labour to purify my soul, conquer my evil inclinations, and faithfully accomplish the duties of my state.

I must imitate the example of Jesus Christ: pardon my enemies, sacrifice my interests to the glory of God, mortify my senses, render good for evil, destroy the reign of sin wherever I discover it, omit no good which may possibly be done, and not lose a moment of the time which is given me in order to gain eternity.

Examen and Resolutions.

These great words, *All is consummated*, comprise the life of him who passes from time to eternity. Happy is he who can say, with St Paul, "*I have fought the good fight, I have ended my course, I have kept the faith; there remains for me only to await the crown.*"

Now will end the labours, trials, and sacrifices of virtue. *All is consummated.*

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The crown only remains; worldly joys have ended; — vain pleasures, frivolous amusements, riches and earthly glory,—*All is consummated.* Eternity only remains.

O my God! if this moment was the last of my life, could I confidently say, *Consummatum est?* Have I observed thy law, fulfilled thy commandments, avoided what thou dost forbid, and accomplished the duties which have been imposed on me? Have I loved thee above all things, and my neighbour as myself? Have I received trials with resignation, and joy with thanksgiving, as coming from the hand of God? Have I asked pardon for my sins, and pardoned those who have offended me?

Do not quit our Lord without a generous resolve to sacrifice to his love what he requires of you.

Act of Reparation.

I cast myself at the foot of thy cross, adorable Jesus, in order to beg thy forgiveness for my continual opposition to thy

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divine example. Alas! far from endeavouring to finish the work thou hast confided to me, I have destroyed thy image in my soul by my sins. The good resolutions with which thy grace inspires me encounter only dissipation, inconstancy, self-love, and vanity, as continual obstacles to thy mercy. O Lord, who hast given me everything with so much goodness, grant me the additional favour never more to abuse it. Grant, I beseech thee, that I may fully avail myself of all the blessings with which thou loadest me, that I may eagerly seek them and faithfully use them; and that my life may be a life of gratitude, as thine, O loving Lord, was one of goodness and infinite generosity. Amen.

Consecration to the Heart of Jesus.

From the fulness of which we have all received.

Most bountiful and generous Saviour, in whom I live and move and have my being, whom thou hast purchased with a great price, it is from thee proceedeth all good

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gifts; I belong to thee by the sacred titles named in thy holy gospel. O my Jesus, the way, the truth, and the life, to thy hands the eternal Father has committed the children of men, and through thee we have access to the throne of mercy. Prostrate before the throne of thy love, I consecrate to thee my body, my soul, my life, all that I am, and all that I have or hope to receive.

Vouchsafe, according to the riches of thy glory, to strengthen my soul by thy grace, and dwell by faith in my heart, so that, being rooted and grounded in charity, I may understand with thy saints what is the height, and length, and depth, and breadth of thy love, which surpasseth all understanding. Finally, grant, O Lord, that at the hour of death I may confidently say—*All is consummated.* Amen.

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SATURDAY.

Seventh Meditation on the Heart of Jesus.

Father, into thy hands I commend my spirit!

Oh, how full of filial confidence is this prayer of Jesus. Behold the last words of the Son of God, which ought to make a particular impression on the hearts of his children. I will meditate upon them, in order to remember them all the days of my life, and repeat them again at the hour of my death in union with my Divine Master.

My Father! O name of confidence and love, which softens the rigours of death, *I commend my spirit.* Jesus speaks not of his riches. He has none, and not one of his creatures can carry them to the other world. He spoke not of his honour, he had renounced it; he died contemned by all. O sweet and loving Jesus, render my heart like to thine. Our Lord speaks not of his body; he thought but little of it; he abandoned it to suffering and death. *Father, into thy hands I commend my spirit!*

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Thou alone canst receive it. Thou hast given it to me. I confide it to thee alone. I place it in thy hands, as belonging entirely to thee.

O Jesus, thou dost commend to thy Father the souls of thy elect. Christians, by attaching themselves to Jesus Christ, become, says St Paul, "one and the same spirit with him." What a consolation for a true servant of the sacred heart, who makes it his study to renew daily his act of consecration, giving himself to this loving Saviour! The day will come when all will fade away, whether we will or no, when the just as well as the sinner must give back to the earth the body formed of the earth, giving back to God the spirit which came from God.

At present our soul is in our hands; we can do with it whatever we please. We may deliver it up to the pleasures of sense, the follies of the world, the love of earthly goods, the blindness of error, the hardness of sin; or we may, on the contrary, with

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the assistance of grace, exercise it in virtue, raise it to heaven, unite it to God, and fill it with his love; but whatever part we take we *must* commend it into the hands of God. Ah! in order to secure a favourable reception, let us give it now to the heart of Jesus.

These words of Jesus are indeed a lesson to us. Our Lord confirms by his example the doctrine that he has taught us, recommending to us a child-like confidence in our heavenly Father. "*Your Father knoweth that you have need of all these things; be not solicitous, therefore, as the heathens are; behold the birds of the air, your heavenly Father feedeth them; consider the lilies of the field, not even Solomon in all his glory was arrayed as one of these.*" How much more care will not your heavenly Father take of you his children?

O my Jesus, give me a heart like unto thine. I am thine in life and death, trusting that thou wilt again repeat in my behalf thy last words, Father, I commend *this* soul,

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the soul of *this* servant who is *mine, into thy merciful hands!*

How have *I* hitherto practised this child-like confidence towards God. Every day I several times repeat the words, *Our Father, who art in heaven.* Ah! is my heart in accordance with my lips?

What is my confidence in the heart of Jesus. He has taken me to his heart, mindful of his mercy, which is shown forth from generation to generation to those who love and fear him.

O sweet Jesus, I feel my unworthiness, my weakness, my poverty; but I hear these sweet words coming from that adorable heart, *Come to me all you who labour and are heavy laden, and I will refresh you.* O Lord, wash my soul in the blood which flows from thy wounds, and give a new heart to all those who in loving penitence invoke thee. Amen.

Act of Reparation.

O my divine Jesus, why cannot I, by my

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reverential homage, make reparation for the neglect with which I have too long repaid thy love? I unite myself to the holy angels who received thy last sigh; they were near thee, O Lord, in order to honour thy victory; let their praises make amends for my want of gratitude so long, alas, withheld.

I unite myself to the heart of thy blessed mother, who meditated so lovingly on thy last words; let the fervour of her love supply for the coldness of mine. Receive, O my Jesus, and place within thy heart thy child who returns to thee, sincerely resolved to love thee above all things.

Consecration to the Heart of Jesus.

King and centre of the hearts of all mankind. Heart of Jesus, truly king of all hearts, reign as a sovereign master in my affections now and for ever. I will study more and more to know and love thee, and strive with all my power to make thee be known and loved by others. Vouchsafe, O

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Lord, to give me the spirit of devotion to thy sacred heart, in which I beseech thee to receive me, with all those in the salvation of whom I am most deeply interested. Oh how good it is to dwell in the heart of Jesus. I will unburthen my heart to that of my Lord and Saviour. I will confide to him all my thoughts and all the affections of my soul, beseeching him to enlighten, comfort, and conduct me to his divine Father. O Jesus, into thy hands I commend my spirit. Amen.

Devotions for the Confraternity of the Sacred Heart of Jesus, as used at the Church of the Immaculate Conception, Farm Street, London.

LITANY.

Lord, have mercy upon us: *Lord, have mercy upon us.*

Christ, have mercy upon us: *Christ, have mercy upon us.*

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Lord, have mercy upon us: *Lord, have mercy upon us.*
Christ, hear us: *Christ, graciously hear us.*
God, the Father of heaven,
God the Son, Redeemer of the world,
God the Holy Ghost,
Holy Trinity, one God,
Heart of Jesus, hypostatically united to the eternal Word,
Heart of Jesus, sanctuary of the Divinity,
Heart of Jesus, tabernacle of the most holy Trinity,
Heart of Jesus, temple of all sanctity,
Heart of Jesus, fountain of all grace,
Heart of Jesus, most meek,
Heart of Jesus, most humble,
Heart of Jesus, most obedient,
Heart of Jesus, most chaste,
Heart of Jesus, furnace of divine love,
Heart of Jesus, source of contrition,
Heart of Jesus, abyss of wisdom,
Heart of Jesus, ocean of goodness,
Heart of Jesus, throne of mercy,
Heart of Jesus, model of all virtues,
Heart of Jesus, sorrowful in the garden unto death,
Heart of Jesus, filled with reproaches,
Heart of Jesus, broken for our sins,
Heart of Jesus, made obedient even unto death upon the cross,
Heart of Jesus, pierced by a lance,

Have mercy on us.

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Heart of Jesus, refuge of sinners,
Heart of Jesus, strength of the weak,
Heart of Jesus, comfort of the afflicted,
Heart of Jesus, support of the tempted,
Heart of Jesus, perseverance of the just,
Heart of Jesus, hope of the dying,
Heart of Jesus, joy of the blessed,
Heart of Jesus, delight of all saints,
Lamb of God, who takest away the sins of the world, *Spare us, O Jesus.*
Lamb of God, who takest away the sins of the world, *Graciously hear us, O Jesus.*
Lamb of God, who takest away the sins of the world, *Have mercy upon us, O Jesus.*

Have mercy on us.

V. O most sacred heart of Jesus, have mercy upon us,

R. That we may worthily love thee with our whole hearts.

Let us pray.

Grant, we beseech thee, Almighty God, that we who glorify the most sacred heart of thy beloved Son, and commemorate the principal benefits which his love hath bestowed upon us, may both delight in so doing, and may enjoy the fruits thereof, through the same Jesus Christ our Lord. Amen.

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An Act of Reparation to the Sacred Heart of Jesus.

O adorable heart of Jesus, centre of all hearts, glowing with charity, and inflamed with zeal for the glory of God, and for the salvation of mankind; O heart of Jesus, ever sensible of our miseries and ever ready to afford us relief; O heart of Jesus, a real victim of love in the holy Eucharist, and a propitiatory sacrifice for sin on the altar of the cross, seeing that a great number of Christians make no other return for all thy mercies than contempt of thy favours, forgetfulness of their own obligations, and ingratitude to the best of benefactors, it is most just that we, thy servants, penetrated with the deepest sense of the indignities offered to thee, should, as far as we are able, make an act of humble reparation to thy most sacred majesty. Prostrate, therefore, in body, and with humble and contrite hearts, we declare our detestation of such conduct. Intense was the bitterness which

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our manifold sins brought on thy tender heart, immense the weight of our iniquities which pressed thy face to the earth in the garden of Olives, and inconceivable thy anguish when, expiring with love, grief, and agony on Mount Calvary, thou didst in thy last breath pray for sinners, and invite them to their duty and repentance. This we know, O dear Redeemer, and we would willingly make some amends for thy sufferings, by patience under our own slight crosses and afflictions.

O merciful Jesus, ever present on our altars, and with a heart open to receive all who labour and are burdened; O adorable heart of Jesus, source of true contrition, give to our hearts the spirit of sincere repentance, and to our eyes a fountain of tears, that we may bewail our own sins and the sins of the world. Pardon, O divine Jesus, all the injuries and outrages which thy sacred heart has received from mankind. Forgive all the impieties, irreverences, and sacrileges which have been committed against thee in

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the sacrament of the Eucharist from its first institution. Graciously receive the small tribute of our sincere repentance, as an agreeable offering in thy sight, and in return for the benefits we daily receive from the altar, where thou art a living and continued sacrifice, and in union of that holocaust thou didst present to thy eternal Father on the cross.

Sweet Jesus, give thy blessing to the ardent desire we now feel, and to the holy resolution we have taken, of ever loving and adoring thee with our whole hearts in the sacrament of thy love, thus to repair, by a true conversion of heart, and by an ardent zeal for thy glory, our past negligences and infidelities. Be thou, O adorable heart, who knowest the clay of which we are formed, be thou our Mediator with thy heavenly Father, whom we have so grievously offended. Strengthen our weakness, confirm our resolution, and with thy charity, meekness, and patience, cancel the multitude of our iniquities. Be thou our support, our

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refuge, and our strength, that nothing henceforth, in life or death, may separate us from thee. Amen.

Act of Reparation for the Members of Religious Houses.

My Saviour Jesus Christ, worthy victim of the Most High, thou dwellest in religious houses as in thine own especial habitation, and amongst the most illustrious portion of thy flock, in order to make all Religious conquests to thy love, and victims consecrated to thy glory. This it is which keeps thee concealed in the tabernacle, and in the enclosure of this monastery, which thou regardest as thy chosen vineyard, in which thou hast raised the stronghold of thy divine sacrament, or, in other words, thine own body, as an invincible fortress against all its enemies. Thou hast surrounded it with the rampart of the Rules and the sublime laws of thy holy gospel. Thou hast placed there the winepress of thy adorable blood, and hast abundantly showered down the

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heavenly dew of thy graces over them ; and before the whole heavenly court thou sayest, "*What could I do for my vineyard that I have not done to it ?*" I have expected that it should produce good fruit, and it has brought forth only that which is wild and bitter. O my God, very frequently those for whom thou hast the most solicitude, correspond the least to thy tenderness, and afflict thy heart most profoundly, compelling thee thus to complain, *Si inimicus maledixisset mihi, sustinuissem utique*—"*If my enemy had reviled me, I would willingly have borne with it ;*" but that those whom I have entertained daily at my table, whereof I am myself the nourishment, should thus rebel—that they, the children of my house, should thus rise against me—is insupportable to me. Truly are sins committed in a holy place much more grievous ; and it is against such profanations of thy holy dwellings that thou hast pronounced this sentence, *He who has done evil in the holy place shall not see the glory of God.* O Lord, let thy mercy this

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day arrest the arm of thy justice; behold me prostrate before thee in order to make thee a worthy reparation for all the indignities, tepidity, want of reverence, contempt, and negligence, with which we approach to this adorable sacrament—for all the communions made through custom, ostentation, and hypocrisy—for all the sins we commit in this house, which thou sanctifiest by thy real presence. Ah! I would that my sorrow were great as the sea, that my eyes might shed tears of blood, wherewith to weep over the injuries thou sufferest from thy most cherished children, and from myself in particular, who am the most guilty of all. Ah! why have I not enough zeal and fervour that I might worthily repair all the injuries thou hast received? Vouchsafe to accept these my desires. Would that I could unite in my faith and love, and by the sacrifice I make thee of whatever is mine, those sentiments with which thy Holy Spirit has inspired thy Blessed Mother and thy saints. Amen.

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HYMN TO THE SACRED HEART.*

To Jesus' heart all burning
With fervent love for men,
My heart with fondest yearning
Shall raise its joyful strain.

CHORUS—While ages course along,
Blest be with loudest song
The sacred heart of Jesus,
By every heart and tongue.

O heart for sinners riven
By sheer excess of love!
The spear through thee was driven;
'Twas sin of mine that drove.

While ages course along, &c.

My soul would have thee grant her
One thing, her only prayer,—
Keep, Lord, in thy heart's centre
A resting place for her.

While ages course along, &c.

As thou art meek and lowly,
And ever pure of heart,
So may my heart be wholly
Of thine the counterpart.

While ages course along, &c.

* From the German, by the Rev. Father Christie, S. J.

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Would that to me were given
The pinions of the dove,
I'd speed athwart the heaven,
My Jesus' love to prove.
While ages course along, &c.

Within the cleft I'll cower,
Of Jesus' wounded side;
In sunshine or in shower
Securely there I'll hide.
While ages course along, &c.

When life away is flying,
And earth's false glare is done,
Still, Sacred Heart, in dying
I'll say, I'm all thine own.
While ages course along, &c.

THE APOSTLESHIP OF PRAYER AND ASSOCIATION OF THE SACRED HEART OF JESUS.

The Apostleship of Prayer is in the most perfect sense a devotion to the Heart of Jesus; it is the practice of that precept of St Paul which contains the abridgment of Christian perfection: *Let this mind be in you which was also in Christ Jesus.* It has for its end to unite so thoroughly all Christian hearts with the Heart of their God, as to lead them

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to appropriate to themselves all his intentions, and, ceasing to think solely of themselves, to unite with him in the great interests that are the objects of his intercession, for the extension of divine glory, the conversion of sinners, the advancement of the just, and the triumph of the Church.

In order to gain the indulgences granted to the Apostleship of Prayer, it is sufficient that those who have been admitted, whether individually or collectively, to this Association, offer their actions each day for the intentions of the Sacred Heart of Jesus. This offering, which manifestly excludes no individual good intention, may be made by reciting the prayer of the Association to the Sacred Heart, that is, the *Pater*, *Ave*, and *Creed*, with the Aspiration, *Heart of Jesus burning with love of me, inflame my heart with love of thee.* It will be well to renew these intentions in reciting the *Angelus*, and still better to unite ourselves with the masses that are said every hour of the day in some part or other of the world, and to say, at least in the interior of the heart, at the beginning of our actions : *Divine Heart of Jesus, I offer thee this action for all the intentions for which thou immolatest thyself at this moment on the altar to God thy Father.*

This renewal of intentions cannot fail to augment considerably the merit of the different actions of the day; nevertheless, in order to render these actions meritorious, and to have a share in the privileges of the Apostleship of Prayer, *the general offering made at the beginning of the day is sufficient.*

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INDULGENCES

That may be gained by the Associates of the Apostleship of Prayer.

(Pius IX.—26th Feb. 1861.)

I.—Plenary Indulgences.

N.B.—In order to gain these Indulgences it is necessary to confess, receive the Holy Communion, and pray for the intentions of the Sovereign Pontiff.

1°. On the day of admission. 2°. On the feast of the Sacred Heart of Jesus, or the Sunday immediately following. 3°. On the first Friday of each month, and one other day at the choice of the Associates, on condition that they have recited each day of the month the prayer of the Association, that is, the *Pater*, *Ave*, and *Creed*, with the Aspiration, *Heart of Jesus burning with love of me, inflame my heart with love of thee.* (The indulgence of the first Friday may be transferred to the first Sunday.) 4°. Another Friday or other day of each month, equally at the choice of the Associates, on condition that they pray for the intentions of the Sovereign Pontiff in a public church. 5°. On the feasts of Christmas, Holy Thursday, Easter Sunday, Ascension, the Immaculate Conception, the Nativity of the Blessed Virgin, the Annunciation, the Purification, and the Assumption; on the Feast of St Joseph spouse of the Blessed Virgin, of the holy apostles SS. Peter and Paul, of St John the Evangelist, of St Gregory the Great, (12th March,) of All Saints, and on the Commemoration

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of the Souls of the faithful departed, on condition that they visit a church in which the Association of the Sacred Heart is established. 6°. On the six Fridays or the six Sundays preceding the feast of the Sacred Heart, on condition that they visit a church where this feast is celebrated. 7°. A plenary indulgence is granted to those who have been admitted to the *perpetual adoration*, any day they may select, on condition that they spend on that day about an hour in exercises of piety, renewing their baptismal engagements and other good resolutions, and that they pray in a public church for the intentions of the Sovereign Pontiff. 8°. Those who engage on any day of each month to make a visit to the Blessed Sacrament, and to pray for a quarter of an hour, endeavouring to appease the Divine Majesty, gain a plenary indulgence on Holy Thursday, and also another on the day on which they perform this exercise. 9°. Also a plenary indulgence is gained at the hour of death, by invoking the holy name of Jesus, at least with the heart, if it cannot be done with the lips.

II.—Partial Indulgences.

1°. An indulgence of one hundred days is given for all the actions that are offered according to the recommendations given each month by the Director of the Apostleship in the *Messager du Sacre-Cœur*. 2°. An indulgence of sixty days for every pious action, on condition that the Associate recite every day the prayer of the Association already mentioned. 3°. An indulgence of seven years and seven quarantines, on the same condition, on the four Sundays

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preceding the feast of the Sacred Heart. 4°. An indulgence of the stations at Rome on the feasts, vigils, and octaves of Christmas, Easter, and Pentecost, on the feasts of the Epiphany, the Ascension, and of St Mark, on all the days in Lent, the Rogation and Ember days, on the Sundays of Advent, Septuagesima, Sexagesima, and Quinquagesima, on condition that on those days the Associate visit a church of the Association. 5°. An indulgence of seven years and seven quarantines on the lesser feasts of the Blessed Virgin and of the Apostles, on condition that a visit is made to the same church. 6°. An indulgence of seven years and seven quarantines, on the nine days preceding the feast of the Sacred Heart, on condition of visiting a church where the feast is celebrated.

Those who are prevented from making the prescribed visits may substitute any pious act enjoined by their confessor.

Another advantage which the Associates of the Apostleship of Prayer will doubtless value much, is the special participation granted to them in the prayers and good works of the religious of the Society of Jesus, of the Society of Mary, of the two Congregations of the Sacred Heart, of the regular clerics called Theatines, and of the religious of both sexes of La Trappe.

The Associate may choose the day on which to gain the indulgence attached to the admittance into the Association. The day of the year, as also the

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day of each month, may be selected on which to perform the exercise of the perpetual worship. But this devotion is by no means of obligation.

THE FOLLOWING INDULGENCES HAVE BEEN GRANTED TO THE MEMBERS OF THE CONFRATERNITIES OF THE SACRED HEART.

I.—PLENARY INDULGENCES.

1. On the day of admission.

2. On the feast of the Sacred Heart, whether kept on the first Friday after the octave of Corpus Christi, or on the Sunday following.

3. On the first Friday or the first Sunday of each month.

4. On any one day of each month which the Associates may choose.

5. At the hour of death, on condition that the Associate invoke, at least mentally, the holy name of Jesus.

6. On Maunday Thursday; on Easter Sunday; on Ascension day; on Christmas day.

7. On the Purification of the Blessed Virgin, (Feb. 2;) on the Annunciation, (Mar. 25;) on the Assumption, (Aug. 15;) on the Nativity, (Sept. 8;) on the Immaculate Conception, (Dec. 8;) on All Saints, (Nov. 1;) on All Souls, (Nov. 2;) on St Joseph, (Mar. 19;) on SS. Peter and Paul, (June 29;) on St John the Evangelist, (Dec. 27.)

8. On the six Fridays or the six Sundays immediately preceding the Feast of the Sacred Heart.

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II.—Partial Indulgences.

1. An indulgence of thirty years, and of thirty times forty days; on Good Friday; on Holy Saturday; on every day during Easter week, including Low Sunday; on every day during the Octave of Pentecost; on the three days after Christmas day; on the Circumcision; on the Epiphany; on the Sundays of Septuagesima, Sexagesima, and Quinquagesima; on the Feast of St Mark, (April 25;) on the three Rogation days.

2. An indulgence of twenty-five years, and of twenty-five times forty days; on Palm Sunday.

3. An indulgence of fifteen years, and of fifteen times forty days; on Ash Wednesday; on the fourth Sunday of Lent; on the third Sunday of each month; on Christmas eve; at the Aurora Mass of Christmas day.

4. An indulgence of ten years, and of ten times forty days; on every day in Lent; on all the Sundays of advent; on all Ember days.

5. An indulgence of seven years, and of seven times forty days; on each of the nine days which precede the Feast of the Sacred Heart.

6. An indulgence of seven years, and of seven times forty days; on each of the four Sundays immediately preceding the Feast of the Sacred Heart.

7. An indulgence of sixty days for each work of piety performed by the members.

All the above indulgences are applicable to the souls in Purgatory.

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The conditions for gaining the indulgences, whether plenary or partial, are—

1. That the Associates confess their sins, with sincere repentance, to a Priest approved by the Bishop.
2. That they worthily receive the holy communion.
3. That, on the day of their communion, they pray for the intentions of his Holiness, reciting for this purpose at least five Our Fathers and five Hail Marys.
4. That the Associates say every day an Our Father, a Hail Mary, and the Creed, with the following Prayer, *O Divine Heart of Jesus, cause me to love thee more and more.*

To gain the plenary indulgences in Nos. 6, 7, and 8, and the partial indulgences in Nos. 1, 2, 3, 4, and 5, it is necessary either to visit a church or chapel of the confraternity, or to perform some other good work enjoined by the Confessor of the Associate.

Litany in Honour of the Blessed Margaret Mary Alacoque.

Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.
Christ, hear us: *Christ, graciously hear us.*
God the Father of heaven, *Have mercy on us.*
God the Son, Redeemer of the world, *Have mercy on us.*

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God the Holy Ghost, *Have mercy on us.*
Holy Trinity, one God, *Have mercy on us.*
Holy Mary,
Holy Mother of God,
Holy Virgin of virgins,
St John,
St Francis of Sales,
St Jane Frances Chantal,
Blessed Margaret Mary,
Pearl of great price,
Flower of the field,
Lily of the valleys,
Morning rose,
Child most dear to Mary,
Incense of sweet odour,
Palm of patience,
Treasure of charity,
Despiser of the world,
Spouse most beloved of Christ,
Violet of the garden of St Francis of Sales,
Star shining in the midst of clouds,
Rule of obedience,
Model of mortification,
Seraph before the altar,
Sanctuary of the heart of Jesus,
Delight of the heart of Jesus,
Apostle of the heart of Jesus,
Plaintive dove,
Dove most beautiful,
Rock unmoved in the midst of tempests,
Mistress most gentle,
Angel of holy counsel,

Pray for us.

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Terror of demons,
Intercessor for sinners,
Solace of the poor,
Relief of the sick,
Holocaust of divine love,
New star of the Church,
Joy of thy holy order,
Glory of thy people,

Pray for us.

Lamb of God, who takest away the sins of the world, *Spare us, O Lord.*

Lamb of God, who takest away the sins of the world, *Hear us, O Lord.*

Lamb of God, who takest away the sins of the world, *Have mercy on us.*

Christ, hear us: *Christ, graciously hear us.*

Anthem.

The kingdom of heaven is like to a merchant seeking good pearls, who, when he had found one of great price, gave all that he had and bought it.

V. Grace is poured abroad in thy lips;

R. Therefore God hath blessed thee for ever.

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Prayer.

O Lord Jesus Christ, who hast wonderfully revealed to the blessed Margaret, Virgin, the unsearchable riches of thy heart: grant that we, by her merits and following her example, may love thee in all things and above all things, and may be found worthy to obtain an eternal resting-place in the same thy heart.

Accept, O Lord, the offerings of thy people, and grant that we may feel the flames of that divine fire, which, issuing from the heart of thy Son, inflamed so ardently the blessed Margaret.

Grant, O Lord Jesus, that we who have received the mysteries of thy body and blood, may, through the intercession of the blessed Margaret, be made worthy to cast away the proud vanities of the world, and to put on the gentleness and humility of thy heart.

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